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Journal of Home Economics

A STUDY OF NORTH CHINA DIETARIES

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Large numbers of the people of North China are known to suffer from malnutrition, and it has been customary to state that the greater part of the people live on the fringe of starvation. Constructive work for famine prevention requires a quantitative knowledge of the manner in which the population in the areas concerned have learned to feed themselves during their centuries of adjustment to the prevailing agricultural conditions, but reliable information of this character is almost wholly lacking. It is true that occasional calculations have been made by school principals of the fuel value of the food consumed in school dining rooms, and that very low figures resulted; but such school fare can in no sense be considered typical of the every-day diet of the every-day Chinese. Van Buskirk (1) has made studies of diet in Korea, a country in which certain conditions correspond to those of North China; in Korea, however, rice is the principal article of food, while wheat occupies that place in the north China dietary. Read and Wang (2) have studied the metabolism of the northern Chinese and attribute a low excretion of total nitrogen and a high excretion of ammonia nitrogen to the cereal diet. A recent report from this laboratory (3) showed that Shantung wheat diet supplied the equivalent of 3350 calories per day. A large number of analyses of Chinese foods have also been made here as a basis for future study. A few of these analyses have been published (4, 5).

The present report summarizes the data from an attempt to obtain figures showing what the average middle-class Chinese family in North China under natural and unrestrained conditions is actually eating. The survey included the area north of the Yang-tse River and west to the borders of Shensi and Szechuen. The observations were made during the summer of 1922, and give therefore, a record of summer diets only.

The study was made with the aid of students in their own homes. All the students chosen for the work were familiar with quantitative methods and understood the purpose of the study Special effort was made to obtain the data without in any way disturbing the usual home arrangements for the purchase and preparation of food. In some cases the observers chose to record the amounts eaten at each meal by the family. The more usual method was simply to note the amount of raw materials purchased. Both proved equally reliable. The observers were cautioned in each case to record food wasted or unused; but, as we had conjectured, there was no waste.

The catty, equivalent to 1.33 pounds, and similar every-day units were used. The set of beam scales which amost every home in North China possesses and constantly uses, was calibrated by determining the number of pieces of a current copper coin necessary to weigh one catty, a method sufficiently accurate for the purpose. Some such method of calibrating the household units was absolutely necessary because within the province of Shantung alone this so-called standard of weight had been found to vary from 0.7 pounds to 1.8 pounds avoirdupois.

Careful records were kept of the income and social status of the family, the ages and occupation of its members and of occasional visitors, and other factors which affected the amounts of food consumed. Breast-fed infants were not included, and the food consumption of children under twelve years old was weighed as equal to half that of adults. The records were kept over periods varying from three to ten weeks.

After various eliminations for inaccuracy or other reasons, thirty reports were tabulated.

These data covered the diets of 340 adults and 114 children below twelve years of age, corresponding to a total of 19,777 adult unit days. The average family consisted of 7 adults and 3 children. It is to be understood that the "family" is a more inclusive social unit than the family of the Occident. The average monthly income for an entire family was estimated at $82, Mexican or $41 U. S. currency and a family possessed on the average 50 mou (8.3 acres) of land. A large proportion of the individuals recorded were engaged in farming. The autumn before had produced an average harvest, and the spring harvest just passed had been an exceptionally good one. The character of the harvest, it is known, has an immediate and direct effect upon the quality of food eaten.

Table 1 gives the amount in standard catties of the principal foods which entered into the dietary of these thirty North China families.

TABLE 1

Kinds and quantities of foodstuffs in 30 North China Dietaries

FOODSTUFF	WEIGHT IN CATTIES	FOODSTUFF	WEIGHT IN CATTIES
Wheat and wheat products	10,929	Corn	278
Melons (13 varieties)	7,270	Oils	246
Rice	6,207	Fish	188
Green vegetables (33 varieties)	2,207	Turnips, taro, etc	156
Cabbage	963	Fruit (12 varieties)	155
Leeks	488	Shrimps and shell-fish	142
Onions	279	Sugar and starch	92
Garlic	116	Sweet potatoes	50
Celery	79	Beef, mutton, mule meat	44
Millet	1,877	Chestnuts, peanuts	36
Legumes (soy bean, etc.)	1,520	Milk (goats and cows)	33
Bean curd and other bean products	1,061	White potatoes	29
Kaoliang (*Sorghum vulgare*)	1,000	Chicken	28
Food accessories (salt, vinegar, etc.)	744	Other foods	15
Pork	319		
Eggs	287	Total	34,913

Table 2 summarizes these data and compares them with the typical American diet. In the Chinese dietaries the average weight of food consumed per adult per day was calculated as 1.8 catties, or 2.3 pounds.

TABLE 2

Amount and proportion of diet supplied by classes of foodstuffs in 30 North China dietaries, and proportion in American dietaries

CLASS OF FOODSTUFF	CHINA		AMERICA
	Catties	Per cent	Per cent
Bread, cereals, beans	22,914	66	25
Fruit and vegetables	9,864	28	20
Meat and fish	722	2	18
Butter, fats, sugar	337	1	14
Eggs	286	0.8	5
Milk	32	0.1	15
Other foods	758	2.1	3
Total	34,913	100	100

We were somewhat surprised to discover such a large variety of foodstuffs in the North China dietary. An average family during a period of one month consumed between 20 and 30 different articles of food, exclusive of tea, salt, vinegar, and similar food accessories. It will be noted from table 1 that wheat and wheat products make the largest item, and

that millet, beans, and kaoliang are also of considerable importance. This is characteristic of North China. In four provinces, Shantung, Shansi, Chihli, and Manchuria, rice was reported in only very small amounts; but it occurs as the main article of food in Honan, Kiangsu and the other provinces lying south of the Yellow River. Meat does not figure in large amounts, and milk was reported in only three families.

Table 2 shows that the dietary of the Chinese home of the middle class is well fortified in vegetables. The use of soy bean products, especially of soy bean milk, by the people of North China is on the increase. This increased consumption of soy bean milk is due partly to a new appreciation of the value of soy bean, and partly to the desire for a substitute for cow's milk, the nutritive properties of which are coming to be realized.

A diet so high in cereals is of course characterized by large bulk. Chinese students in the United States find it difficult to satisfy the appetite with the smaller bulk of more concentrated American food materials. They report going through a period of distinct hunger till the system learns to be satisfied with a smaller volume.

TABLE 3

Average weight of protein and amounts of energy supplied per capita per day by various groups of foods in North China dietaries

FOOD GROUP	WEIGHT OF PROTEIN	ENERGY			
		Supplied by protein	Suppled by fat	Supplied by carbohydrates	Total
	grams	*calories*	*calories*	*calories*	*calories*
Cereals	60.8	243.3	73.7	1,834.1	2,151.1
Beans	8.6	34.3	24.1	61.3	119.7
Vegetables and fruits	3.7	14.7	0	64.4	79.1
Sugars and starches	0	0	0	10.8	10.8
Fats and oils	0	0	58.2	0	58.2
Meat, fish, eggs, etc	4.7	18.9	33.3	0	52.2
Totals	77.9	311.4	189.3	1,970.6	2,471.0

Table 3 gives the amount of protein and the calculated calorific value of the various groups of food materials in these dietaries. The calculations were made by the method usually employed with large dietaries, weighting each class of foods in accordance with a group standard (6). The factors used in computing were based on analyses of Chinese foods as purchased in Shantung. The reports covered a total of 203 different food materials. The ordinary Chinese custom of purchasing the food stuffs as raw materials, such as flour, and preparing the bread and other cooked dishes in the home greatly simplified the accounting.

The calculated fuel value of the diet per capita per day amounts to 2471 calories, of which 87 per cent is furnished by cereals. The Occidental standard for a man of 70 kgm. body weight at light muscular work is 3000 calories. Such work correctly describes the occupational status of the individuals included in these diet reports. As regards body weight, the average for men in North China is probably about 55 kgm. There, as elsewhere, the energy requirements of women are probably somewhat less than those of men. It is possible that from the energy standpoint the food consumed in these families is just sufficient to supply their needs. There certainly is no margin allowance. It is clear that the people of North China are not guilty of over-feeding.

The amount of protein per capita is 77.9 grams. This amount is probably about the same in winter as in summer except for an indulgence or two at the Lunar New Year. It corresponds approximately to that reported for the rice diets of Korea (1) and India (7). Of the 77.9 grams of protein only 4.7 grams is animal protein, a strong contrast to the diet of the Occident where about 50 per cent of the total protein is of animal origin.

The figure for total protein must be considered with caution; it represents not the amount digested, but the amount eaten. The great bulk of the Oriental vegetarian diet probably decreases the coefficient of digestibility of the protein, as well as that of the other nutrients. The exact factors are not known. The figure for protein may be as low as 70 per cent. On the other hand, it should be noted that the bulk of the diets here reported is not excessive as compared with that of other vegetarian diets (1, 7), and it may not be a very serious factor in limiting the utilization of the food eaten.

The amount of fat in the diet may increase during the winter months.

TABLE 4

Average proportionate distribution of food expenditure among various food groups in North China dietaries, and in American dietaries

	NORTH CHINA	UNITED STATES
	per cent	*per cent*
Meat and fish	7	33
Milk	0.1	10
Eggs	3	5
Bread, cereals, beans	75	13
Butter, fats, sugar	3	16
Fruit, vegetables	10	16
Other foods	2	7

In table 4 are given the proportions of the total food expenditure devoted to the various groups of food in these North China dietaries, with corresponding American figures included for comparison. In these Chinese studies, which represent costs for 1922, the daily per capita expenditure averaged 12 cents, Mexican, equivalent to 6 cents, U. S. currency.

The consumption of meat in America is admittedly high (8). It is probable that the Oriental suffers less from lack of meat than does the Occidental with his excess.

Conclusions. These dietaries from thirty middle class homes during the summer of 1922 may be regarded as typical of the cereal diet of North China. A few general conclusions may perhaps be drawn from them.

Indications are that the variety of foodstuffs in the diet is sufficient in normal times to provide an edequate supply of vitamins.

Since the cereals used, wheat, millet, and kaoliang, furnish more protein than does rice and since the protein of soy beans is both abundant and adequate, these diets may be equally adequate as regards protein, though they include less of animal protein than other oriental diets in which rice is the only cereal.

Only 11 per cent of the protein was derived from beans. This was less than casual observations had led us to anticipate. In the North China diet some of the wheat could probably be advantageously replaced by soy beans. Millet and kaoliang are also to be commended as useful foodstuffs. They were both used to bolster up the failing wheat supply in the North China famine of 1920. Milk does not occupy the place it should. Under present conditions in China, it would be difficult to find a milk supply adequate even to a very small demand.

The exact effect on a people of a diet, in which, as in that of North China, the protein is largely of vegetable rather than of animal origin, is not known. For that are needed more studies of metabolism in the Orient, more data on the utilization by the human body of the bulky cereal diets of the Far East, more investigation of the amount of inorganic constituents, especially calcium and phosphorus in those diets, more information as to the energy requirements of Chinese men and women of various occupations.

There is a general impression that the Chinese people after several thousand years of experience have, automatically and by blind experimentation, reached the dietary level where the maximum nutrition is

purchased for the minimum expenditure. And there are those who doubt whether the food chemist can be of much assistance to China. It remains to be determined whether or not this is true.

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THE ECONOMICS OF FURNISHING THE HOME

HELEN GOODRICH BUTTRICK

One of the first problems that confront the newly-married woman is the intricate and difficult one of buying equipment for the business of homemaking into which she has newly entered. To date, the literature of home economics has offered her little help.

Presumably both the man and the woman in the new partnership have been saving money toward the equipment of the home, and the sums saved will be more or less adequate according to the character, opportunity, and earning capacity of the pair. Presumably too, wedding presents will have been received which are more or less useful. Nevertheless, in practically every case, the selection of household equipment calls for the careful choice and wise selection. Almost never is there enough money to buy an equipment ideal in every respect.

Such being the case, the first step is to decide which articles are necessities, which desirable though not indispensable, and which luxuries or novelties that may well be omitted. That done, it remains to decide upon the standard or grade of the different articles, and the method of financing their purchase.

Three methods of financing suggest themselves. The first is to buy only such first-class equipment as can be purchased for the amount in hand and to add to it bit by bit as time goes on. The second is to borrow

money with which to buy a complete equipment. The third is to buy cheap, in some cases second-hand, household goods, with the idea of replacing them later with better things as the family enjoys increased prosperity. Each method has advantages and disadvantages.

Let us suppose that the first plan is the one chosen. Only as much silver, glass and china is bought as will serve the daily needs of two people, and no more furniture is purchased than is absolutely necessary. Everything that is bought is excellent in quality and is chosen with the idea that it will last during the lifetime of the new homemakers, and in some cases will be passed on to their descendants. Every purchase is looked upon in the light of a permanent investment. This plan has the advantages of definiteness and of not increasing the burden of the new family by the payment of interest on borrowed money. When both the man and the woman are employed all day, and the social life is simple and informal or conducted outside of the home, a limited household equipment is an advantage rather than a drawback because it requires less care and upkeep than a more complete one. In these days when good household furnishings are exceedingly expensive, this method of purchase has special advantages. It requires, however, that the young housewife be sure of her ability to choose articles, of which the family will not tire with the passage of years, and that she have a good knowledge of values, so that she may get the worth of her money. It also presupposes that both man and wife have very definite standards of taste, largely independent of fashion.

Constant changes in fashion for household furnishings of all sorts is the outstanding disadvantage of this plan, and will probably make it impossible to match furniture or hangings after a very few years. Suppose, for example that one has bought two dining chairs with the expectation of matching them later; when the day arrived to add the extra chairs, one would be told by a slightly contemptuous clerk at the shop where the original lot were bought that the pattern had been discontinued and that nothing similar was on the market. Fancy the predicament of a couple to-day who desired to buy mission oak chairs to match some bought in the days when such designs were considered the last word in furniture. One of the outstanding needs in this country to-day is for furniture of standard quality, decent design and finish, and within the reach of people of moderate income.

The second plan for buying the furnishings of the home with borrowed money implies that the pair are more fortunately established than are most young people when they set up housekeeping. In order to borrow

money one must have credit; and to borrow money for the purchase of so relatively unproductive and non-negotiable a commodity as household furniture, not only must one have credit, but one should be able to command a surplus against emergencies. If the couple can arrange for these, to borrow money for purchasing the entire equipment at once shows outstanding advantages. In the first place it is possible to follow a definite plan throughout; moreover it is often possible to get a discount on a large purchase that would not be given on small ones; and finally, one enjoys the use of the equipment while paying for it. Where a rather elaborate menage and scale of social life will contribute to the business success of either the man or his wife, this system may be desirable because it makes this more easily possible.

Under this second method may be discussed buying on the partial payment or installment plan basis from a dealer who specializes in such a system of selling furniture. This has three outstanding disadvantages; first, the high cost of furniture, which represents a much higher rate of interest on the money than would be paid at the bank; second, the form of contract, which is not renewable like a note at the bank but, in the event of failure to meet payment at any time, entails the loss of the furniture plus all that has already been paid; third, the fact that such dealers uniformly carry mostly low quality furniture and showy, crude, badly-constructed articles.

The system of buying cheap or second-hand household goods and later replacing them by better things, has the following advantages and disadvantages: If the future plans of the new family are uncertain such an arrangement may be desirable because it does not tie up a large amount of capital in a commodity from which it is hard to get quick or adequate returns, except possibly in special communities, such as army posts, where tenure is very uncertain and furniture is constantly in demand at short notice. Another thing to be considered is that very frequently where cheap furniture is purchased in the beginning, it is not replaced as was intended, because a constantly increasing family, or sickness, or lack of prosperity makes this impossible.

Sometimes a combination of these methods is the practical solution of the problem. For instance, certain articles may be purchased for permanent use, while others are bought cheap to be replaced later by others of better quality. Where there is only a small amount of ready money, it may seem wise to equip the house as completely as possible with inexpensive articles and to borrow money for a few expensive labor-saving devices, such as an electric washing machine or a vacuum cleaner,

which have permanent value. These devices are especially necessary if the homemaker contributes to the family income through her earnings, if it is difficult to obtain domestic help, or if such public utilities as laundries and bakeries are inadequate. Dishes, kitchen utensils, and other articles which break easily and wear out quickly may be bought cheap, used freely as long as they last, and replaced frequently; this has the advantage of requiring less care and upkeep, and thus freeing the homemaker somewhat from the tyranny of possessions.

At present the perplexities and difficulties of the purchaser are greatly increased by modern methods of advertising and salesmanship. In whatever direction one turns, the eyes and the ears, sometimes even the nose and the palate, are forcibly assailed by articles clamorously demanding attention, each claiming, more or less rightfully, to be superior to all others of similar purpose. Into whatever shop a woman enters, she is greeted eagerly by a salesperson more or less skilled in sales psychology, more or less truthful in his or her representations of the value of articles offered for sale. Oftentimes the advertising material gives real information to the buyer, sometimes it is entirely misleading in its statements, and sometimes actually untruthful in its claims. Similarly, one salesperson may give real help and sound advice about the article to be bought, while another is interested solely in making a sale, and may hypnotize, insult, or flatter the weak or unwary into purchasing something useless to her and perhaps even valueless to anyone. Under these conditions, the person setting up housekeeping must be fortified by a carefully-planned budget, by definite standards and ideals, and by as much reliable information as she can get. In other words she must make definite preparation for the new job she is undertaking.

There are several schemes for budgeting the expenditures for house furnishings. One is to think of the house as divided into three areas devoted respectively to work, sleeping, and living, and to apportion the money between these. The work area would include, for example, kitchen, pantry, laundry; the sleeping area, bedrooms and bath; and the living area, the parts of the house where the family spends its waking time. The dining room is sometimes included in the living area and sometimes in the work area. The proportionate amount set aside to furnish each group of rooms depends on the size and elaborateness of the new home, whether or not the homemaker has assistance with her household tasks, whether she works outside the home, and how much entertaining is to be done. If the dining room and table equipment are included in the working area and the wife's time and energy must be

conserved by expensive labor saving devices, almost twice as much money should be set aside for the furnishing of this part of the house as will be required for the living rooms. In such a case proportion might well be: living area, 2 parts; sleeping area, 3 parts; working area, 4 parts. On the other hand if the family is musical and a piano is a necessary part of equipment, the amount spent upon the living area will be greatly increased.

No definite proportion can be given because the requirements of each home differ with the individuals who have founded it. At the start, it sometimes helps to divide the total amount to be spent into three equal parts, one for each area, and list the absolutely necessary articles for each area and subtract the cost of each list from the allotted third. Then the desirable articles for each area may be listed, and the unappropriated balances from the three allottments shifted about until the apportionment is found which seems to promise the best returns. Sometimes, is the sum available is small and the needs to be met are many and varied, it is necessary to do much preliminary shopping for prices and to give many hours to careful calculation. Time and effort so spent are well invested and often prevent the purchaser from being swept beyond her purchasing capacity into deep financial embarrassment by skilful and unscrupulous salespeople. "Necessary things first" should be the slogan of the inexperienced when equipping a home.

Another method of apportioning the expenditures is to divide the total sum to be spent into separate amounts for such items as floor covering, furniture, draperies, household equipment, dishes, silver, and linen. This method has the disadvantage of making it harder to keep account of and plan for the house as a whole, but it is useful in working out expenditures already partly arranged for by the area method.

One of the greatest needs of the woman who is about to set up housekeeping is a store of accurate, complete information about all sorts of household equipment and furniture. To date few careful investigations have been made of such commodities except in the realm of laborsaving devices. Advanced students in the home economics could do a real service to untrained women by making and publishing studies of the properties of the more important household furnishings, together with different grades and costs.

ECONOMIC PROBLEMS OF WOMEN TEACHERS[1]

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The "one person family" needs attention from the home economist as well as the normal family. A few economic facts regarding the economic condition of the detached woman are available, and in some studies of living costs the professional woman appears (1, 2, 3, 4, 5, 6, 7, 8). The most significant study yet made, that of Miss Eaves on the old age condition of retired women teachers (9), shows that the whole economic situation of women in professional service needs analysis and constructive consideration. To add to our available information on the subject, a questionnaire was prepared and sent to 450 women students, at Teachers College, Columbia University, most of whom had had teaching experience. The schedule was similar to that used by Miss Eaves, but included supplementary questions on mode of living, professional adjustments, and professional interest in economic training. Replies were received from 154 women, or slightly over one-third of those receiving the questionnaire. Some of the more striking features of these returns are summarized here.

A composite picture of these women drawn from their replies to the questionnaire would show the following traits and circumstances. It represents a teacher born in this country of native-born parents, her age is thirty-two and a half years, and she has worked seven and a half years on a salary, that for the last year being $1886.77. She has no income aside from her earnings, has had no losses from bad investments, has spent money for education and travel, and carries a life insurance taken out between the age of 20 and 29. During the last five years she missed less than two weeks from work because of illness, the latter due to "colds." She boards while teaching, having room and meals in the same place and paying $14.10 a week for board, room, and laundry. She does some of her own laundry work and all of her mending, and makes some garments, because it saves money.

The average woman puts about 7.2 hours a week into her personal housekeeping, spends 2.2 hours on sewing, sleeps a little over 53 hours, and works 46 hours. She studies by herself and attends lectures. She belongs to professional organizations. She reads vocational magazines and owns vocational books. She chose her work through interest in it,

[1] From Household Economics Laboratory, Teachers College, Columbia University.

and her education and training for her work were paid for by her parents, supplemented by her own earnings. Her increase in pay has been secured through promotion. She plans to use her savings for support in her old age. She gives the following advice about saving and investing: Save early and regularly, budget your income, go to your bank for advice in investing, buy life insurance of some kind. For improvement in living conditions, she suggests more small houses or apartments for coöperative group living, and better boarding places; and for improvement in working conditions she suggests equal pay for equal work and a chance to have more voice in her teaching organization.

Several of the economic topics suggested in the schedule as possibly desirable in the training of college women interest her, order of preference being:

1. Methods of saving and investing; budgeting; accounting.
2. Economics of buying: clothing, food, household supplies.
3. Simple construction of clothing; renovation, repair; storage; laundering; simple millinery.
4. Home decoration; costume design.
5. Personal hygiene and health; home nursing; child study and care.
6. Planning, preparing, and serving of simple, wholesome meals.
7. Methods of housing; choice, care, and sanitation of dwelling; obligations in renting or boarding; ownership.

The need of instructions on the following additional topics was suggested by one or more persons: business law, business dealings, household machinery, gardening.

Some of the details brought out by the study are perhaps worth quoting. The range in age and experience was from 19 years with one year of teaching to 51 years with 20 years of teaching. The longest working period was 26 years. One hundred forty-three of the group were born in this country, 113 having both parents native-born. Four of the group were married, 2 widowed, 1 divorced, 146 were single, and 1 gave no report of marital condition.

Salaries were given from the first teaching position to the time of coming to Columbia, and the fact that the purchasing value of the early one is quite different from that at present must be taken into account in considering the figures. The range was from $156 per year, reported for the year 1899 by a teacher in a country school who began teaching at 15 years of age, to $4000 received 1922–23 by a women, who had already taught eleven years.

To the question about income aside from salary, 143 replies were received, 91 reporting no and 52 yes. Of the 119 reporting on investment losses, 28 reported yes and 91 no. Accurate figures for cost of board, room and laundry were given by 119 women. The range for the year 1922–23 was from $5 to $27 per week, with 50 per cent of the group paying between $11 and $16.99. As to living arrangements, 45 with their families or relatives, six of these not contributing to the family income, 15 paying definite board, and 24 contributing in some other way. Seventy-seven reported boarding elsewhere, of whom 37 had all meals where they roomed, 15 had 2 meals and 13 had 1 meal there. Fifty-six reported house-keeping, 12 of them alone, 42 with from 1 to 3 others and 2 with a larger group. Of these who kept house, 13 reported that they prepared all their meals at home, 16 one meal and 19 two meals.

Dependents were reported by 44 or 29 per cent of the 154 women; 4 of them had one person entirely dependent, and 40 had from one to three persons partially dependent on them.

Reports on health were made by 128 women. During the last 5 years 58 had lost no time through illness; 34 had lost less than one month, 27 had lost from 1 to 6 months, 8 from 6 to 12 months, and 3 over 12 months. Three reported general nervous breakdowns. Of the sicknesses reported, 70 were due to contagion, 3 to accidents, 14 to operations, and for 6 no cause was stated. From the tabulations of these health reports it seems that absence due to illness was never closely related to length of service than to age, occupation, salary, or amount spent for board and room. The amusements were adequate in kind but there was no way of telling whether also adequate in amount, so the relation between this and health could be determined. Plans for old age were reported by 124 women; of these 89 are saving and investing their money in different ways, 12 depend on inherited incomes, 8 are educating themselves further to increase their salaries, 12 are depending on retirement pensions, 2 plan to marry, and 1 plans to go to a home for the aged.

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THE FIELD OF RESEARCH IN THE ECONOMICS OF THE HOME

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Very recently a new interest has sprung up among home economists in the economic problems of the home. After jogging along comfortably for many years with little attention to this section of our field, we have suddenly become sensitive to the scanty amount of economics in our home economics and are bestirring ourselves to fill this gap. And since we realize that it is a gap not merely in our teaching but also in our knowledge, our "subject matter," we are wisely concerning ourselves with the development of research in this field.

Though we are well agreed upon the need of research in the economic problems of the home, we are still rather vague in our understanding of the nature of this research. Just what are the economic problems of the home? We ask this question with no attempt at definitions. We advance little toward a working conception of these problems when we define them as those problems of the home which are concerned with the social aspects of wealth, of the goods and services which satisfy human wants and which are not unlimited in quantity. Our question then is merely changed, and we ask, what are the home problems which are concerned with wealth? An answer which is to clarify our view must be expressed in concrete, specific terms.

It is obvious of course, that any attempt to indicate specifically the various economic problems of the home can do nothing more than suggest a few typical examples. To survey the whole of so vast, new,

and changing a field is impossible, even in outline. And in this particular field there is still much difference of opinion as to what does and what does not constitute a home problem. The discussion which follows is therefore merely tentative and will justify its presentation only as it serves as a basis for revision.

From the standpoint of wealth, of economics, the home seems to present three aspects. There is the aspect of consumption, of the utilization of wealth, which long has been and still is largely a family matter. There is the aspect of the production of wealth in the home, an aspect greatly diminished of recent years but still of considereble importance. Finally there is the aspect of the distribution of wealth in the home, of the share of the various members of the family in the expenditure of the family's income and the ownership of its property.

Let us consider first the problems of consumption. How little this phrase conveys to the mind of most people was recently revealed most amusingly when an "average consumer," hearing that the writer was interested in the economics of consumption, inquired "And how did you become interested in tuberculosis?" To home economists consumption does not mean tuberculosis. What does it mean to them?

Aside from the study of such special fields of consumption as nutrition, it seems to have meant so far little more than is expressed in the familiar phrase "family budgets and accounts." That is, of course, a phase of consumption, and it needs further study. But in so far as it relates to methods of planning budgets and keeping accounts it is not, strictly speaking, a part of the economics of consumption. It is rather a part of the technique, the "art," of the administration of the household, just as the accounting of the industrial world is a part not of the science of economics but of the technique of industrial administration.

In practicing this technique, however, questions arise concerning the balancing of family expenditures which can in part be solved by the application of scientific principles of consumption. In so far as our work in budgets and accounts has been concerned with these principles, it falls within the scope of this discussion. Almost nothing has yet been done by home economists, however, in research in this field. We have here and there collected a few records of family expenditures, "budgets" as we erroneously call them. But we have made almost no attempt to analyze these data, to determine casual relationships and formulate generalizations from them. If we are to work in this field, we must consider why these family expenditures are as they are, to what extent they are influenced by the advertising and salesmanship of the producer

in his quest of profits, to what extent by traditional standards of consumption on the part of the homemaker, by her scientific knowledge, by pecuniary emulation (to use Veblen's phrase). We must study the relation of these habits of consumption to health—a task as difficult as it is important. We must measure the consumption of the population as a whole against the national requirements of a "health and decency budget," and consider how far any shortages which are found may be due to the consumption of luxuries, to waste of goods between producer and consumer, or to the limitations and wastes in the productive process. We must study the influence of the standard of living upon the birthrate, and examine the interrelationship of those three great factors, the size of the population, its supply of natural resources, and its standard of living.

These and similar problems form the real field of consumption. Here we seek the knowledge which the individual family budget is to apply, the facts by which it is limited. Yet such problems have not so far been considered by the home economists as part of their field of investigation. Until we do include them, until indeed we place them before our study of individual family budgeting and accounting, our progress in the field of consumption will be halting indeed. We cannot leave them to others; we cannot restrict ourselves to those phases of consumption with which the individual homemaker deals directly. For no other group of workers is more concerned with these problems than we, and no other groups and but few individuals are working on them. We must overcome our tendency to stay within the four walls of the home in our research. We must go out into the complexities and difficulties of the economic world to find the answers to our problems.

To drive home the truth of this, let us consider the one field in which home economics research has established itself—the field of nutrition. What has been the viewpoint here? Have the workers in this field dealt with only those problems which directly confront the homemaker? The number of rat rooms in our nutrition laboratories is sufficient answer. In fact, our very terminology betrays our broader view. We study nutrition, not meal-planning, knowing that only so can we discover the facts which the individual homemaker—and others—must apply if the human race is to be well fed.

When we turn to the second type of economic problems of the home, that of household production, we find we are again in need of keeping this broader view in mind. We have so far given our attention almost solely to the technique of private housekeeping. We have sought to save the

time and energy of the individual housekeeper through more efficient methods of work, more efficient equipment. Underlying our study there have usually been two assumptions; one, that the housekeeping should continue to be done in the home, and the other, that the current standards of what is essential, what non-essential, are satisfactory. It is time that we stepped out of the home, stood off from it a little, and viewed the housekeeping problem not as it confronts the individual homemaker but as a problem of providing the population with certain essentials of living—with adequate, palatable food ready to eat, with clean and comfortable homes, with attractive and hygiene clean clothing.

Viewed in this light many new questions will appear. We see that modern homemakers are performing only a remnant of the old household tasks, that many have accordingly much leisure which is not being well utilized, while many others have gone out into industry and consequently are crowding their housekeeping into what little time is left at the end of a full day's work. For such women as these, does the solution lie in better methods and equipment, or in taking out of the home the residue of its housekeeping tasks? Would the latter course so reduce the time required in homemaking that those who are already in industry will no longer have too great a burden and those who have not yet gone will no longer have an excuse for remaining idle? Is such a course feasible for women with young children or do the children require the presence of the mother in the home and so make the continuation of private housekeeping desirable? Is there a need for the development of part-time jobs for women who are only partially occupied with homemaking? How does the efficiency of the outside agency, commercial or coöperative, compare with that of the individual home, in money and time costs and in the quality of the product? What would be the effect upon family relationships if the laundry, the mending, the cooking, the serving of meals were taken out of the home? Such questions as these challenge the prevailing assumption that the work should remain in the home. Another group of questions challenges the companion assumption. To what extent are our current standards of housekeeping a survival from an aristocratic society where "labor" was cheap and the elaboration of housekeeping possible—possible, that is, for the small group of elect whose standards have percolated down through the lower pecuniary levels? How much of the cost in labor and materials of our food preparation and table service, how much of the labor cost of our cleaning and laundering, is really functional, how much merely formal or ritual? To what extent has the time freed from spin-

ning and weaving, sewing and canning been used by homemakers in an elaboration of housekeeping?

Our study of household production then, must include more than time studies, motion studies, the testing of equipment. It must include an evaluation of the various possible methods of providing the population with housekeeping services, family, commercial, and coöperative—an evaluation not only of their efficiency, but of their influence upon family life, the position of women, and the organization of industry. To make these evaluations, we must look not only beyond the individual homemaker, we must look beyond the present generation. We must picture the home as a changing institution, with survivals from the past which encumber its present functioning and tendencies toward new developments which may be detected and possibly to a slight extent controlled.

The third class of economic problems, that of the distribution of wealth in the home, the economic relationships within the family, is one on which the home economist has not even begun to work. Although more limited in scope than the fields of consumption and production, it is of particular interest at this time when the growing demand for economic independence by married women is finding such varied expression in different countries. What part does the homemaker now play in the control of the family income, expenditures, and property? What new arrangements might be made which are more commensurate with twentieth century standards? What is the relation of these arrangements, existing and proposed, to family stability, to the psychology of women, to efficiency in handling family finances? These are questions which are crying for answer. Closely related to them are the many questions of family support which have come to the fore in the last few years, growing out of the programs for family allowances, motherhood endowment, minimum wages. And basic to these is the question of the relative needs of the various members of the family in food, clothing, and other items, the share of the family expenditures which each should receive by virtue of age and sex.

If this sketch of the field of research in the economics of the home bears a working resemblance to the true situation, it is obvious that we cannot get far upon our new adventure until we remove these problems from the catch-all labelled "household management" and place them in the hands of workers trained in the social sciences and the statistical method and in their application to 'the economics of home economics.' May the number of such workers speedily increase!

HYGIENE OF CLOTHING[1]

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The close relationship between good health and suitable clothing has not been fully appreciated. This is due partly to ignorance and partly to the psychological aspects of clothing, and this latter factor has probably had much greater influence than at first appears.

There can be no doubt that clothing expresses personality in a remarkable degree and forms a not inconsiderable item in general self revelation. Posture, manner, and facial expression complete the picture. The question of dress is by no means mainly one of money. The income may have direct bearing on the quality of the fabrics and the number of garments, but it is often the person of small means who obtains the best effects in line, color, suitability, and individuality. Without doubt many important appointments are made on the basis of personality as shown in dress and general appearance, and frequently not without some justification. Lack of care in personal appearance often indicates carelessness in work and lack of stimulating personality. Careful attention to the details in personal appearance contributes directly to character building. Physical health demands attention to clothing, and mental health suffers from neglect of personal appearance.

Clothing serves two primary purposes: to cover the body for the sake of convention, and to protect it in various climates. These two purposes can hardly be separated in judging the suitability of garments. From the standpoint of hygiene, it is important to combine sufficient protection with adequate ventilation. Many investigations have been carried out on the relative merits of the common fibres, wool, cotton, silk, and linen, in absorbing and giving off moisture, keeping out cold, and allowing passage of air, but the results appear to vary somewhat according to the way in which the various fibres are twisted and woven; choice between the different kinds also depends on the conditions under which the garments will be worn, those for use in a cold, damp climate or a poorly-heated house not being the same as for a hot, dry atmosphere. Wool is on the whole perhaps the best material to wear next to the skin. It is absorbent and permits of gradual evaporation, radiation, and ventilation. Cotton is absorbant, but allows of too rapid evaporation. Silk is good if closely woven, but it is too expensive for most people.

[1] Read before the Textile Section, American Home Economics Association, Buffalo, July, 1924.

All garments should allow the wearer full freedom of movement, with no restriction of any part. It is also important that the total weight of clothing should not be sufficient to limit freedom in exercise or cause fatigue.

Infants' Clothing. These general principles hold good for infants. A baby needs one warm garment next to the skin, and except in very hot weather a second one for warmth, and finally an outer dress. The important point to bear in mind is the necessity for perfect freedom of body and for clothing light in weight. The inner garment should be of wool, preferably knitted, and not long enough to become soiled. It should reach the upper part of the napkin, to which it can be fastened with safety-pins. The binder of former days is mentioned merely to be condemned; only for a short time after birth is it permissible.

The napkins should be of soft, absorbent material which will bear frequent washing. After each use, they should be washed—never used again after being merely dried. If there is more than one child in the family, the napkins should always be boiled, and those used by one should never be worn by another; without this, infections are likely.

The garment which the child wears over the vest and napkin should be of flannel, except in hot weather, and should reach down over the feet. Among the best methods for dressing infants, as regards health and economy, is the layette by Dr. S. Josephine Baker, New York Maternity Center, and the New York State Dept. Health; this is sometimes called the new McCall Pattern of the Metropolitan Life Insurance Company. The best length for the infants' first clothes I believe to be three-quarter length which can be used until the child begins to crawl. Long garments which are to be replaced by short ones in six or eight weeks are an unnecessary expense.

Clothing for older children. In this case, too, garments should be warm, should permit of freedom of movement in all parts of the body, and should be easy to wash. Some sort of light-weight woolen shirt, preferably a combination vest, should be worn next the skin. The other garments may vary in type, freedom and simplicity being the main factors. Corsets for little girls should never be permitted; they only hamper the movements and tend to press on the chest and abdomen. An unboned waist which is not tight and which supports the stockings and possibly the skirt, is advisable; the one endorsed by the American Posture League is excellent.

Clothing for women. Generally speaking, women's clothing has grown more sensible in recent years. The credit for this must be given largely

to the development of outdoor life and sports rather than to the desire to make clothing conform to health, and much educational work remains to be done. For example, attention should be called to the possible harm from insufficient clothing. The majority of women and girls whom one see half-clad, dress in this way from choice and not necessity, and are subjecting themselves to serious dangers. In winter the apices of the lungs are likely to become congested from constant chilling and then offer a fine habitat for tubercle bacilli. Similarly, pelvic congestion is incident to insufficient clothing about the hips and legs, and is an important factor in predisposing to profuse and painful menstruation. Such dressing is prevalent among many college women to-day in spite of the fact that they are supposed to be under constant supervision of college doctors.

The same general principles of hygiene hold in the selection of clothing for adults as for infants and children with perhaps the added consideration of its social, psychological aspects. Undergarments should be sufficient for proper protection and decency The lower part of the body needs to be kept warm. Light-weight combinations, or light-weight flannel abdominal bands have prevented both minor and serious illness in women. The relation of dress to social hygiene is a subject demanding much attention in clubs and magazines. Never has modesty in dress been so much at a discount among our young girls. Who is to blame? I believe it is the women, the good, fine women of the country, because they do not refuse to wear immodest clothing or to let their daughters wear it. If these women would take a determined, united stand on this point, they would do much to bring about a different public sentiment. Adolescent girls have instincts and impulses which they themselves do not understand, and they need wise guidance and understanding help.[2]

Corsets. Are corsets harmful? Under what conditions may they be reconciled to health? These are questions which are being asked daily of physicians and health workers. The Life Extension Institute, which every year examines thousands of women who wish to learn how to keep well, has given long and careful attention to this phase of hygiene. Among the women examined, the Institute found that 70 per cent wore corsets which were wrong—not properly made, and frequently not properly fitted. It therefore called a conference of corset manufacturers

[2] For reference to hygiene of clothing, see *Hygeia*, November, 1923; JOURNAL OF HOME ECONOMICS, 1923, 15: 426; 1924, 16: 185.

and salesmen with a view to exchanging ideas and developing coöperation. This conference brought out clearly the importance of parallel action between designers, manufacturers, doctors, hygienists, and others. It also showed the need of educating the public to demand a corset giving the support needed, rather than the fashionable silhouette, and the importance of teaching girls early in life to develop abdominal and back muscles by proper exercises, so that no support will be needed.

In the well-developed, healthy woman the bodily machine itself holds the organs in place, and they are neither crowded out of their normal position nor allowed to sag. The crowding or sagging of the organs is known as ptosis or prolapsis, and a larger proportion of our women suffer from it. The principle causes are: (1) Poor muscular development of the abdominal wall, (2) child bearing which leaves it relaxed and unsupported; and (3) improper corseting which compresses the viscera downward and prevents normal use of the abdominal wall. The first two causes are to be regarded as predisposing. The last is the determining cause in practically all cases. Barring accidents, savage women seldom have ptosis, which is essentially a costume disease. Doubtless if a generation of girls were brought up with wholesome physical development and really hygienic clothing ptosis would disappear. The corset still worn by many women is a relic of barbarism. It laces behind, is fastened by hooking from above downward, and is frequently so much too high that it encroaches on the lower ribs, impedes the action of the diaphragm, exerts its maximum constriction about the epigastrum, and results in a figure of the hour-glass type dear to our grandparents.

The essentials of a good corset in my opinion are: 1. It should lace in front. 2. It should reach the trochanters and no lower. 3. The upper border should not be high enough to touch the breasts, and should preferably be considerably lower. 4. It should be of suitable size. 5. It should be as lightly boned as possible. 6. It should be equipped with garter straps. To be of any value it must be properly worn. It is best to adjust it when the wearer is lying down with a small pillow under the sacrum and hips, and none under the head, so that gravity keeps the viscera in their normal position. After the corset has been placed around the body, the garter straps should be fastened to the stockings to prevent the corset sliding up. It is sometimes advisable to equalize pressure by having the garter straps over the vertical, lateral, and dorsal parts of the thigh. The corset should next be laced from below upward, the lace being tied in three places; first, about the pelvic bones, second, at the level of the umbilicus; third, very loosely at the top of the corset. A

corset thus applied supports the viscera from below up and prevents sagging when the wearer arises. Dr. Eliza Mosher of Brooklyn, who has probably done more work along this line than any physician in the country, says that the dragging down of the abdominal and pelvic viscera by tight or improperly adjusted corsets causes more harm than the restriction of the organs in the chest.

Clothing during pregnancy. Elaborate clothing is unnecessary and undesirable, but there is no reason why clothing worn at this time should be unsightly. Undergarments need little change, but they should be properly adjusted, so that they cause no pressure. Corsets should be generally omitted; if worn they should be very loose. Essential is it that there should be no constriction at the waist and no downward pressure on the abdomen. If there is decided discomfort from weight, this may be relieved by an abdominal belt which supports the lower parts. Such a belt serves to suspend the stockings, the attachment coming from the thighs. Suspender garters are preferable, however, and a good model has been issued by the New York State Department of Health. In general, the weight of the clothing should come from the shoulders, so there will be no pressure on the hips or abdomen.

Foot clothing. No part of the human body is more abused than the foot. We all probably can think of more than one friend who is losing much of the joy of life because of foot consciousness. It rarely occurs to these people that they may be largely responsible for this condition, though probably nine times out of ten they are. There are few parts of the body more beautiful and more delicately put together than the feet, and just because of this, seemingly slight injuries often cause serious and prolonged trouble. The most important part of the subject is prevention; it is in work with children that the greatest hope lies.

A few anatomical statements may help to understand the subject. The human foot is made up of 26 bones joined to one another by ligaments, enforced by muscles, tendons, and fascia; if these supports loose their tension and yield, weak foot or flat foot results. The anterior and posterior muscles of the leg are largely responsible for foot control and strength, and hence the importance of developing and keeping them in good condition. The whole under surface of the foot does not come in contact with the ground, because the bones of the inner side are placed in the form of an arch known as the longitudinal arch. It is true that in infancy the whole of the under surface of the foot touches the ground, but this is due to a pad of fat under the arch, which is gradually absorbed during childhood. This arch is held in place largely by the muscles of

the leg. The strong coverings and tendons of these muscles spread out fanwise from the heel to the toes, distributions passing to all of the small bones of the foot and forming a powerful support. It is usually because this muscle weakens and gives way that flat foot results. Hence the importance of maintaining its integrity through exercise and care.

In a normal foot the big toe lies in a straight line with the heel. The weight-bearing surface may be represented by a triangle, the points of which lie just behind the base of the big toe, behind the base of the little toe, and at the middle of the heel. Few persons to-day have normal weight-bearing surfaces, largely because their feet have been abused by shoes. In many shoes, high heels and narrow, pointed toes bring the weight of the body on the crowded toe joints, causing corns, callouses, bunions, weakened and flat arches, and such conditions as Morton's toe, in which the pain is localized in the fourth metatarsal joint. Once acquired, some of these conditions can be relieved only by operative measures. There are other harmful effects from high heels. They change the center of gravity and throw the body forward, which demands certain compensatory changes in all parts of the body. In order to keep in balance the upper part of the body is thrown back, the lumbar curve is increased, the abdomen protrudes, the knees are semiflexed, and the lower spine becomes weakened, frequently causing iliac strain and intensive pain following down to the knee and ankle. In addition comes a train of misplacements and congestions such as prolapus of the stomach and bowels, constipation, indigestion, misplaced uterus, menstrual pain. We might add to this list accidents, decreased working capacity, deranged nerves, lack of exercise, poor posture,—nor should we forget that the story of bad feet writes itself in wrinkles and a look of old age.

Survey of school children's feet. How great need there is for education along this line was clearly shown by a survey made in a public school at Albany.

The 225 children examined there were from 5 to 8 years of age, and in the kindergarten, first, and second grades. Their shoes and stockings were removed and notes were made of the manner of walking; the condition of the feet, both when relaxed and bearing weight; the type and fit of shoes; the fit of stockings, the condition of nails; and the hygiene of the feet. Sixty-nine showed faulty mode of walking, 47 had weak feet, 12 had flat feet, 154 wore faulty shoes, mostly too short, 131 wore too short stockings, 171 showed no care of nails, 169 showed poor foot hygiene. Corns and callouses were also noted. Most of the deviations from the normal were preventable, all admitted of correction and cure,

under proper treatment, but if neglected they would tend to cripple and impair the efficiency of the children for life.

The findings for this group of children are undoubtedly typical of conditions in other public schools. Up to the present we have very meager data regarding the feet of school children, but effort is now being made to obtain fuller information on this important health problem. Persons interested in this branch of medicine have frequently hazarded a guess as to the prevalence of foot defects in school children, but the facts brought out by this survey indicate it has been greatly under-estimated. Parents, physicians, school and health authorities, and welfare workers should coöperate to provide for the periodic foot examination of all children, not only to discover any existing or threatened foot defects, but also to prevent them The importance of careful attention to the feet from infancy up cannot be overestimated. They should be bathed daily; the stockings should be carefully selected, making sure that when worn (not only when purchased) they are one-half inch longer than the foot actually measures from heel to toe; they should be changed frequently, turned and aired nightly, and kept carefully mended. The shoes also should be carefully selected; they should be at least one-half inch longer than the foot measures when the child is standing; they should have a straight inside line, and sufficient breadth to allow plenty of room for the toes to spread; the soles should be flexible; until the eighth year there should be no heel or a spring heel, unless it be in special cases, where a low, one-quarter inch, broad heel may be advisable. Careful attention should be given to the nails; they should be cut straight across, flush with the fleshy part of the toe, never in at the corners as this predisposes to ingrowing nails and infections. The daily use of a foot brush, especially on the soles of the feet and the nails, promotes circulation and better foot health. Foot exercises are also very useful. Prevention is greater than cure. Careful attention to such details early in life in the majority of cases mean foot health. Neglect will frequently result in faulty mechanism of the whole body and in decreased mental and physical efficiency.

These suggestions may be summarized in the generally-accepted statement that clothing should be healthful, suitable, becoming, individual, and within one's means. Those of us who try to teach its wise selection must remember that no matter how earnestly we urge these health measures on others, the greatest argument will be our own successful personal observance of them. We may well ask ourselves this question, have I acquired the health viewpoint and am I a good representative of what I advocate?

EDITORIALS

National Thrift Week. The birthday of Benjamin Franklin, January 17th, will again usher in a National Thrift Week, during which the personal and patriotic reasons for providing for the future will be put before the public by press, pulpit, school, and every other agency that can be enlisted in the cause. Home economists, we take it for granted, do not need to have the arguments for thrift repeated. It may interest them, however, to see brought together some of its applications in their own field, and so this number of the JOURNAL carries several articles more or less directly concerned with thrift. Miss Fisk's study (page 12): is particularly appropriate since it shows what women are doing in the way of provision for their own futures. Miss Buttrick (page 7) suggests that thrifty purchasing is not always simply a question of what you pay but sometimes also of how you pay. She further brings out the point that circumstances alter cases, and that what is thrifty for the Joneses is not necessarily thrifty for the Robinsons. Miss Cohan's observation (page 33) goes still further in that direction and shows how what was wisdom of generations in one condition of society, becomes a brake on progress in another, and that in ideas of thrift, as in ideas of family authority, new occasions teach new duties. And finally Miss Kneeland, in her analysis of the economics of home economics (page 15), suggests other of the wider issues involved in the wise choice and utilization of goods.

What Constitutes Thrift. Two rather distinct ideas seem to be current as to what the practice of thrift means. One confines it mainly to the saving and wise investment of money. The other is the wise spending of money and the careful utilization of the goods for which it is spent. Both may serve the purpose of providing for the future, but we suspect that the second is more fundamental. If a person has been trained to choose carefully each time money is to be spent and to care for his possessions so that they will give the maximum of satisfactory service, the chances are he will understand the personal advantages of a well-placed nest-egg and the national advantages of a wise consumption of goods. But if, as a child, he was not taught to spare the furniture or care for his clothes, and never went without a new toy when the old one

had been carelessly spoiled—in short, if he has not developed habits of general thrift, how can he when he reaches a man's estate suddenly appreciate the virtues of providence or the economic sinfulness of waste? In these days when advertisers are using all the devices known to art and science to persuade us to buy this, that, and the other thing, and when one hears on every hand the doctrine that economic progress depends on increasing the wants of the purchasing public, the firmest possible grounding in the principles of good selection and careful use is none too much to keep us in the road to thrift.

Motives for Thrift. There is no use in winking the fact that strait is the gate and narrow is the way that leads to thrift,and that the desire to go in thereat is usually a cultivated one. Thorndike[1] has pointed out:

> Except for the tendencies to bring an attractive object to one's lair and cherish it there and to collect and hoard certain small objects, man is by nature improvident. The parental instincts lead him to feed, nurse, cuddle and protect the infant and child, but not to save for its future welfare. . . . .
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> On the other hand there are, working against thrift, the very strong original tendencies toward gratifying the gross sensory appetites, and toward display, mastery and approval. . . . .
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> As things are and have been in most communities, thrift reduces, or at least delays, the chance to win approval by "relief from hunger, georgeous display and other impressive behavior," and to attain a superior mastery-status. The "tight-wad" is scorned; the meanly dressed girl feels inferior. . . . .
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> The exercise of prudence about money and property is tolerated if not actually scorned.
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> In a less degree the instincts of adventure, rivalry, sex pursuit, parental love and general kindliness are also against thrift. Parents, for example, tend by original nature to indulge their children in food and toys, but not to take out life insurance. To make man thrifty his original love of notice, approval, mastery and sport, as well as his cruder animal appetites, have to be counteracted by other tendencies or amended by dexterous training.

The ways of counteracting these unthrifty tendencies in natural man appear to be chiefly by inhibiting them, either through rational insight or through unreasoned repression, and by amending them so that whereas they seemed to lead to disapproval, they may be made to lead to approval from one's fellows. Fortunately these inhibitions and re-directions are not so hard to accomplish providing one goes about it wisely.

[1] Psychological Notes on the Motives for Thrift. E. L. Thorndike. *Annals of the Academy of Political and Social Science*, 1920, 87: 212–218.

It is not so hard to make a youngster see that it is better to spend his Christmas money for one greatly-desired thing than to let it dribble away on sodas and movies, or that he gets more satisfaction from his tennis racket if he puts it away carefully than if he leaves it out over night. He can be induced to put his pennies in the bank or forego the pleasure of crumpling the pages of his new book, not because he wishes to provide for the future or because he realizes the superior value of unmarred volumes, but because he fears punishment or loves approval or wishes to have and do what other children do.

Thrift and the Public. To win the esteem of one's fellows by the practice of thrift depends, of course, on the esteem in which they hold it. The chief difficulties lie in the fact that people who theoretically admit the value of thrift actually value other things more and often scorn some of its practical applications. Women could save money by wearing cotton instead of silk stockings, but would their economy win them as much social approval as their shiny ankles? Most of them apparently think not. And silk stockings are only one relatively unimportant example among hundreds, some of them involving large expenditures. The great problem is how to make the prosperous, easy-going American public give greater approbation to wise economy than to luxury, and this when the purveyors of every conceivable article from automobiles to hair nets are urging them to buy more.

The home conservation campaign of the Food Administration during the war was a wonderful example of how a high, common motive can make a nation disregard custom and comfort and turn from careless wastefulness to careful thrift. Thrift Week is an attempt to start the nation in the same general direction by the application of sweet reasonableness unaccompanied by broad emotional appeal or general economic pressure. To carry us far, it must be followed throughout the year by constant reminders that real satisfaction can be gained from careful spending and using—that the economy of cotton has its beauties no less than the sheen of silk. The most important point of attack is, of course, with the young people. Is any one in a better position to show them what true thrift means than the home economists?

From the Executive-Secretary. My autumn field trip took me to state home economics meetings in Connecticut, Rhode Island, Vermont, and Maine, to a meeting of the New England Association, and to an executive committee meeting of the New England Association in Boston.

I also paid a visit to Nova Scotia where I met a group of home economists representing dietitians, teachers, homemakers, extension and institutional workers, and found interest in the possibility of organizing a provincial organization.

The state meetings were well attended and the programs showed enthusiasm and seriousness of purpose which promise well for the future of these organizations. I was particularly interested in the excellent reports of the Buffalo meeting. No one who heard them could doubt the value of having a state representative present at such annual meetings.

There is increasing interest in the organization of student clubs, and apparently an excellent opportunity for the state association to carry out the suggestion made in the program of work adopted last summer, to work for the organization of affiliated student clubs and help in furnishing program material.

The states are finding the new membership forms more convenient than the old method in keeping accurate records and our brief experience in this office shows that not only are our records more accurate but there is a considerable saving of time and effort.

More recently I attended the annual meeting of the American Country Life Association held at Columbus, Ohio, and the Land Grant College Association meeting at Washington.

Legislative work has consisted largely of activity in behalf of the ratification of the Child Labor Amendment.

The main facts as to the organization, membership, publications, and program of work of the American Home Economics Association are given in a four-page leaflet recently printed. This is convenient for use in letters or for distribution at meetings. Copies will be supplied to officers and committees on request.

The list of state presidents and secretaries reported to the Washington office by December 13 appears on pages 41 and 42. Where possible the date at which their terms expire is indicated. Most annual meetings are held either in autumn or spring and in most cases these officers are both elected at the same meeting and for one year, but there are a few exceptions to these rules.

LITA BANE.

In Memoriam. Lucy Wallace Wade, an instructor in clothing at Purdue University, died on October 22 at St. Elizabeth's Hospital Lafayette, Indiana. On October 15 she submitted to an appendicitis operation from which she had apparently recovered, but on the evening

of the twenty-second she was stricken with an attack of heart trouble and died very suddenly.

Miss Wade was born in Crawfordville, Indiana, but had lived most of her life time in Lafayette. She attended Butler College, Harvard University, and Columbia University where she had spent the past summer. She received her B.S. degree from Purdue University in 1919 and expected to receive an advanced degree at Columbia University this next summer. Her mother, Mrs. H. H. Wade survives her, as do also two sisters and a brother.

At the time of her death Miss Wade was chairman of the textile membership committee of the Textile Section, in the American Home Economics Association and was active in the work of the Indiana State Home Economics Association, the American Association of University Women, the local Pan Hellenic Club, and was president of the Lafayette Altruss Club. She was a member of the Alpha Chi Omega and Omicron Nu.

Her charming personality, her broad vision, and her ability to inspire others to do the best of which they were capable endeared her to her students and associates, and the University staff feels that it has lost a very valued member.

M. L. M.

Memorial to Ellen H. Richards. Friends of Mrs. Richards will be glad to learn that the alumni of the Massachusetts Institute of Technology are planning to place a bronze bas-relief in some suitable location in the Institute buildings as a memorial to her and her association with the Institute. All persons interested are invited to help defray the costs for which one thousand dollars is needed. Contributions may be sent to the treasurer of the fund, Mr. Everett Morse, Massachusetts Institute of Technology, Cambridge, Massachusetts.

Editorial Conference of Health Magazines. There are in the United States over a hundred magazines giving all or much of their space to the subject of health. A group of their editors met for mutual counsel during the Conference for Social Work in Toronto last summer, and a similar meeting was held during the convention of the American Public Health Association in Detroit last October, the editor of the JOURNAL OF HOME ECONOMICS among the latter group.

It was the consensus of opinion that it would be desirable to supply to the general public, through newspapers and popular magazines, a

digest of articles and items appearing in the various health bulletins; and it was also suggested that on suitable occasions these health magazines simultaneously give their support to movements in which they are jointly concerned. A committee was authorized to draft tentative advertising standards, and another was appointed to outline a permanent organization for this editorial conference board. Mr. James A. Tobey of the National Health Council was continued temporary chairman, and B. R. Rickards of the New York State Department of Health was appointed temporary secretary.

Carbon Monoxide Poisoning. A resolution on this subject, unanimously passed by the U. S. Public Health Association at its annual convention in Detroit, October 22, 1924, is of sufficient interest to home economists to be printed here in full.

Whereas carbon monoxide is one of the most wide-spread poisons in connection with human life and activities, and, *whereas* there has been a great increment in America in recent years in deaths and partial asphyxiation from this gas as well as a considerable extension in our knowledge regarding this form of poisoning and methods of preventing and controlling the same;

Be it Resolved that all school courses and textbooks upon the general subjects of physiology, hygiene, sanitation and home economics shall contain a presentation of the hazards to health and life, methods of rescue and resuscitation from carbon monoxide poisoning, and furthermore,

Be it Resolved that all general textbooks and instructions, printed or otherwise, upon the use and care of gas fired appliances, automotive and other internal combustion engines, furnaces, stoves and carbinaceous fuel utilizing devices and mechanisms in general shall contain a presentation of the hazards to health and life, methods of rescue and resuscitation from carbon monoxide poisoning.

Christianity in the Kitchen. This book by Mrs. Horace Mann was referred to in Miss Turner's article on Antioch College, printed in the November issue of the JOURNAL. After the article went to press Miss Turner wrote: "Antioch possesses no copy of this book; in fact, I have never seen a copy, and the department library would like very much to own it. Would it be reasonable for the JOURNAL to ask if any reader can tell us where we can beg, buy, or borrow a copy of Mrs. Mann's book?" The JOURNAL gladly passes on the inquiry. In case two copies come to light as a result, it would be delighted to add one to its own collection.

OPEN FORUM

Children's Earnings in the Foreign-Born Family.[1] The foreign family generally represents the patriachal type where all decisions and money appropriations are made by the oldest male member, who is the head of the family. Having come from distant lands of persecution and poverty, these people think of America as the only land of hope, where they can find food, shelter, and clothing, the fundamental needs of man. They come here mostly for economic reasons and bring with them deep-rooted traditions and views of family life, with no intention of changing. Ignorant of our ways and unable to speak our language, it is no wonder that they find adjustment slow and difficult.

To these families a large number of wage-earning children represents economic security. This is because the old-world conception of the relationships between parents and children is very different from ours. These parents consider that they own their children completely. The use of money in the foreign home is administered by the head of the family, regardless of the wishes of the individual who earns it. This results in anything but democratic living. Nor do the parents always make the wisest choice. Parents, for instance, might be inclined to save enough money to buy a little home in the suburbs, regardless of the convenience of the rest of the family. Ownership carried with it a certain amount of social prestige in the small European town from which they come, and they do not realize that this does not happen in the same way or to the same degree in a new-world industrial civilization.

When children must get the approval of one or both parents before using their own earnings for a self-chosen purpose, great difficulties and injustice arise. We often find a girl's earnings appropriated for the use of her brothers either in business or for education. There are many foreign families where girls become drudges, in order to help a brother get his master's or doctor's degree. One or two cases from a New York East Side vocational school will show the sort of thing which is happening continually.

Anna D., a capable girl who was graduated some years ago, has always hungered for higher education; she earns thirty dollars a week, but the

[1] From Alumnæ Housekeepers Conference, Teachers College, Columbia University.

family demands on her purse are so heavy that she has never been able to use her money for self-development or even to buy a dress or hat in season. Instead she has helped one brother through college and has contributed toward violin lessons for another, not because he is extraordinarily gifted, but because foreign parents as a rule like to have a musician in the family. Her father is only 50 years old, but he already feels too old to work. Yet he rules that home according to his own ideas, which are based on what under present condition is an altogether false conception of relative values.

Bertha T. comes from a home which is economically a little better off, but in which the prevailing idea is that the most important thing for a girl is to marry early, rather than to reach out for self-development or economic independence. She is allowed to keep money out of her earnings to buy cheap fineries and dribbles away her income merely to attract a suitable husband.

Such things happen because parents do not know how to adjust their really unselfish regard for the welfare of the family to conditions in a modern industrial center where the unity and coherence of the family is so difficult to maintain, especially when the two generations look at life from such different points of view. To lessen this clash of opinions is one of the most important missions for the home economist who deals with these families in school or social work. Parent study groups and home visiting give her a fine chance to win the elders' confidence and to point out how and why things here cannot be expected to be the same as in the old country. She can also develop in the young people a more tolerant attitude toward their parents by showing why the latter hold their opinions, by explaining that the idea of the centralized family is a holdover from the economic and social conditions under which their people have lived in the old land for generations, and that such tradition dies hard and painfully. It may be too much to expect that the elders shall fully adapt themselves to the new conditions and ideas, but if the younger generation can be brought to understand the older people better, it will do away with a great deal of the antagonism and the strained family relationships which are a source of unhappiness to all and which hinder, rather than help, growth.

ROSA A. COHAN.

Results of Homemaking Courses in a Part-Time School. The homemaking work of the part-time school in Mt. Vernon, New York, is conducted in a house recently purchased by the Board of Education.

The furnishings for the house have been planned and carried out by the girls as a part of their homemaking course. For example, curtains for the entire house were made by the classes, and a second-hand dining-room set of table and six chairs was painted and decorated to harmonize with the general color scheme of the room. The girls work in groups in the various parts of the house, and gain initiative by assuming responsibility for their various tasks.

The majority of the girls are of foreign parentage and work principally in clothing factories and laundries. They frequently marry early and become directors of their own homes.

Miss Maude Smith, the teacher of homemaking, reports the following results for the past year:

Greater interest was apparent among the girls. At least half of them regretted that school did not continue all summer, and some attended when they did not have to. They have consulted with the teacher not only about their personal problems but also about those confronting their mothers and older sisters in keeping house and caring for children.

The talks on nutrition led many girls to build up their health and weight, several showing marked improvement.

Several girls were taken to the dentist and others induced to go.

The girls took better care of the school property after their work in the homemaking house and learned how to care for furniture.

The girls were so interested in the house that they offered to contribute money to buy porch furniture and a victrola.

One of the girls made draperies and curtains for her bedroom like the ones we have at school, raising the necessary money by baking cakes for her neighbors. Another girl made a bedspread at school like the one on the bed in school.

In the spring some of the work done by the girls was exhibited at the school. Refreshments were prepared and served by the girls to about seventy-five parents, students and friends.

During the year the teacher visited over fifty homes and several factories. She was surprised by the eagerness of the girls to have her visit them at their work and received a very cordial welcome from the employers whom she had opportunity to meet.

In one home the mother had a new gas stove but did not know how to use the oven, so the teacher went again by appointment which ended in her giving the woman and a neighbor a lesson in making a cake.

TREVA E. KAUFFMAN,
State Supervisor of Home Economics,
Albany, New York.

Applied Home Economics in Korea. To the foreign visitor the usual Korean home with its thatched roof, tiny dirt-floored kitchen, and small sleeping and sitting room, heated through a flue made of stones and dirt underneath the floor—and probably by the same fire that cooks the rice, fuel being a very scarce and expensive article in Korea—seems very small and poverty-stricken; but it explains why the dormitory of the Sin Myung Girls' Academy was built Korean style, though with improvements. Most of the girls are poor, and while we wish to inspire higher ideals, we do not wish to make them dissatisfied with what their families can afford. Hence an adapted dormitory, home economics building, and practice house.

There are four kitchens in the dormitory, four rice pots in each kitchen, and one rice pot to each room. There are at least four girls in every room and sometimes more, and they take turns cooking the meals under the direction of the room leader, who in turn is responsible to the teacher in charge of the dormitory. The idea of the adapted dormitory and the girls doing their own cooking and taking care of the rooms is a good one, but for some time there had been reason to fear that some of the girls were undernourished. Last year during the winter term the teachers complained of sleepiness, poor work, and bad conduct among some of the pupils and it seemed that the long-awaited opportunity of the home economist had come. Accordingly, the girls in question were put together in one room with a very reliable older girl over them. They were from sixteen to nineteen years of age, and when they were weighed and measured, cases of underweight and narrow chests were found. At first I planned the daily menus, then it was done under my supervision by the head girl who was in one of the cooking classes.

To the regular diet of rice and millet with pepper sauce we added meat once a week, fish twice a week, eggs once, and bean-curd twice. Until the fresh vegetable season came we used seaweed, both fresh and dried, dried turnips, and bean sprouts which the girls grew in their warm rooms. As for fats, they are very deficient in the Korean diet. The more moneyed people use the oil from sesame seed. This was too expensive for us so I induced the girls to use the cheaper peanut oil.

The experiment lasted through two winter and three spring months. The cost of the extra food amounted to thirty cents per girl per month, but we found that almost enough to pay for this was saved on rice and millet. The girls gained in weight, ceased to be sleepy, did better school work, and had more 'pep,' as several outsiders observed who knew nothing about the experiment. Where two had failed at the end of the winter

term all passed with good margin at the close of the school in the summer.

By watching the daily diet lists for two weeks I found that even among the more well-to-do girls in the dormitory the diets were very deficient, much more so than among pupils who live at home and bring cold lunches. The dormitory girls were eating considerably more rice than the down-town girls and very little vegetables and meat. Their breakfast consisted of rice and millet, the quantity of the latter depending upon the finances, and pepper sauce. Except that about once a week pickle and fish and occasionally a few vegetables were added, the other meals were much the same.

These studies furnished an excellent means of learning about Korean foods. Later in the year we plan to have the four dormitory girls who had the practice house work the preceding term take charge of four rooms, and be responsible to me. Under my supervision they will plan the menus, and do the buying as part of their course. Thus they will be graded, without which there seems to be little enthusiasm. We hope, however, enthusiasm for the sake of work well done will gradually develop.

Each girl was required to keep an account of her time for two weeks. A Korean meal usually takes much longer to prepare than one of ours, but because the dormitory girls ate chiefly rice they spent on the average only one hour for breakfast, one-half hour for lunch and one hour for supper. Washing took four hours a week, ironing one to two hours, and cleaning two to three hours.

One or two typical Korean foods are perhaps worth describing here. There is a candy made of rice by the use of barley which changes the starch to malt sugar. When unpulled it is black or dark brown, but after pulling it is golden brown and very good. The pulled is rolled in rice flour before it is sold, and for special occasions roasted sesame seed and peanuts are mixed with the candy.

The Korean pickle, called Kimchi, is an oderiferous dish, good, but oh, so hot with red pepper! The 'winter' Kimchi is made of raw turnips and cabbage with titbits of fish and much red pepper. It is well salted down in the fall and allowed to stand until good and ripe. The summer variety is equally hot but may be made of other vegetables.

A favorite salt sauce is made of beans, boiled, then dried, then soaked in water and fermented, and finally strained and salted. There is also a pepper sauce made with beans and much red pepper.

Etta Belle Grimes,
Sin Myung Academy, Taiku, Chosen.

A Permanent Camp for Boys' and Girls' Clubs. Camp Wilkins, near the Georgia State College of Agriculture, Athens, is a new and perhaps unique enterprise. It combines the technical training of the summer short course with the wholesome camp life of the American girl and boy scout. It gives to rural boys and girls of Georgia a recreational outing and an inspirational awakening which sends them back to the farm with renewed energy and zeal.

A site was selected on the agricultural campus overlooking the college farms and barns; it is in walking distance of any of the college laboratories, yet far enough removed to be 'in the woods.' Accessible is also a large artificial lake, Kirota, which takes its name from its donors, the Athens Rotary and Kiwanis Clubs.

The two-story concrete building is 200 feet long and 50 feet wide, and accommodates 150 to 200 campers. The lower floor is divided into recreation or assembly hall, dining room, and kitchen. The whole of the second floor is given over to well-ventilated sleeping quarters. The building is screened throughout, and adequate hot and cold showers add to the comfort of the campers.

Formal instruction is given to the girls in clothing, food, nutrition and health, while the boys study stock judging and agriculture. In accord with the old saying about all work and no play, ample time is given daily to organized recreation which makes the boys and girls anything but dull.

Last summer 509 girls and 684 boys visited the camp during its seven weeks of operation. They were selected on the basis of scholarship, having completed and excelled in some phase of club work in their county. How proud they were to come and how determined was each to do better club work at home this winter, and come again next summer with his club mates!

Camp Wilkins is named for a man of broad vision and a generous spirit who was himself a country boy and who loves the country boy and girl so much that he gave the $5,000 necessary to start the camp and thus assure for them some of the joys and privileges which he had needed but missed.

MATILDA CALLOWAY,
Assistant State Girls' Club Agent,
Georgia State College of Agriculture.

WORK OF THE ASSOCIATION

DESIGN CONTEST

The American Home Economic Association offers a prize of $50.00 to the person submitting the best design for an emblem of the Association, to be used on the cover of the JOURNAL OF HOME ECONOMICS and on the stationery, programs, badges, and pins of the Association and its affiliated organizations.

Character of Design. The emblem should embody the idea of the application of systematized knowledge of the home; it may suitably typify the ideal home and include the full name or initials of the American Home Economics Association.

Qualifications of Contestants. The competition is open to any interested person. Members of home economics clubs and home economics students in high schools, normal schools, and colleges are especially urged to compete. Each person may submit as many designs as he likes.

Form required. Drawings should be made in pen and ink on 6″ x 9″ bristol board. The name and address of the designer should be printed on the back of each drawing.

Committee on Award. The award will be made by the following committee:

Harriet Goldstein, Art Section, Division of Home Economics, University of Minnesota, chairman
Dr. Katharine Blunt, president, American Home Economics Association
Helen W. Atwater, editor, JOURNAL OF HOME ECONOMICS
Marion Clark, Art Section, Department of Home Economics, University of Chicago
Ellen Hillstrom, Art Section, Department of Home Economics, University of Wisconsin
Emily Huger, Art Section, Department of Home Economics, Southwestern Louisiana Institute

Basis of Award. The design will be judged according to suitability, beauty, and the technical possibilities of reproduction in black and white and on metal.

In case none of the designs submitted are judged suitable, the committee reserves the right to withhold the award and arrange another contest.

Date and Address. Competing drawings will be received between February 1, 1925, and April 1, 1925. They should be sent to Harriet Goldstein, Division of Home Economics, University of Minnesota, University Farm, St. Paul, Minnesota.

TEXTILE SECTION

Committee on Commercial Contacts—Fabric Swatches. With the aid of one of the largest distributors of cotton goods, Sadie Swenson, chairman, has arranged for a collection to be made of about two dozen half-yard samples representing new spring styles. It includes new weaves and cotton-rayon combinations and illustrations of hue, value, intensity, texture, and of the use of good line and spacing in textile design. The materials shown will range in price from about $0.35 to $1.25 per yard, and may be purchased in any part of the country.

These swatches are put up in an attractive form suitable for filing and are equally valuable to college and high school teachers. An accompanying booklet discusses the principles in-

volved and the use of colors for different complexions. The price, $5.00, barely covers the cost of the swatches and mailing. As only a limited number have been made up, orders must be in by February 1st.

Order direct from Amory, Browne and Company, 48 Franklin Street, Boston, Massachusetts.

Committee on Educational Essentials. The comprehensive surveys made during the last two years mark a decided advance toward better and more effective teaching of clothing and textiles. Through the help of this committee, the Textile Section hopes to encourage a logical presentation of clothing subject matter in the elementary and secondary schools, which will not be practical for the girl who leaves school at an early age, but will also furnish the foundation upon which work of real collegiate rank can be built later.

Committee on Extension Work in Clothing. Marian Tucker, Massachusetts Agricultural College, is the chairman. Last year she made a survey of the clothing instruction needed and desired by rural women which has aroused interest in many fields besides our own and is being quoted very broadly.

Standardization Committee. The work under the leadership of Rosamond Cook, 100 Morningside Drive, New York City, is making marked progress. The coöperation of the American Hotel Association and the National Laundryowners Association has made possible the extension of the wearing test on sheeting. Such hotels as the Waldorf-Astoria, Bellevue-Stratford and New Willard are now carrying on the study. The U. S. Bureau of Standards has consented to continue making the necessary analyses.

Membership Committee. The recent death of Lucy Wade, chairman, took one of our most loyal workers and from many of us a greatly beloved personal friend. Although in delicate health at the time, she attended the Buffalo meeting where her enthusiasm and splendid spirit of coöperation were a most valuable help. Marie Schrass, Purdue University, Lafayette, Indiana, who has been acting as Miss Wade's assistant this Fall, will continue the work of the membership committee. It is hoped that every one interested in the work of the Section will join through her without waiting for a personal invitation.

Committee on the Hygiene of Clothing. Irene Leiby of Decatur, Illinois, is the present chairman and has extensive plans to expand the work so well started by Miss Glanton.

Clothing Contest. As a means of stimulating interest in the study of textiles and clothing in high schools, a committee was appointed with Josephine Eddy of Auburn, Alabama, as chairman, to study the possibility of suggestions made by Lilian Peek and to publish the plan in a form available for all high school teachers.

Research Committee. Ethel Phelps of the University of Minnesota is chairman.

1925 Meeting. Aime Swainson, University of California, represents the Section on the general program committee. She welcomes suggestions as to speakers and subjects.

The Section pledged loyal support to the graded membership program of the national association. Are you a contributing, supporting, or sustaining member this year?

RUTH O'BRIEN,
Chairman, Publicity Committee.

OFFICERS OF STATE HOME ECONOMICS ASSOCIATIONS

ALABAMA: *President*, Ivol Spafford, Department of Education, State Capitol, Montgomery. Term expires April, 1925. *Secretary*, Katherine Jones, 714 Washington Ave., Montgomery. Term expires April, 1926.

ARIZONA: *President*, Grace Ryan, Home Demonstration Agent, Phoenix. *Secretary*, Sara Kerr, 645 E. 3d Street, Tucson. Terms expire January, 1925.

ARKANSAS: *President*, Connie Bonslagel, State Extension Service, Little Rock. *Secretary*, Elizabeth Gress, West Side Junior High School, Little Rock.

CALIFORNIA: *President*, Saidee Stark, State Teachers College, Chico. *Secretary*, Amy Greenlaw, 3005 F Street, Sacramento. Terms expire May, 1925.

COLORADO: *President*, Mrs. Kate W. Kinyon, 122 Administration Building, Denver. *Secretary*, Evelyn G. Jones, 753 Madison Street, Denver. Terms expire fall of 1925.

CONNECTICUT: *President*, Mrs. Marion E. Dakin, Connecticut Agricultural College, Storrs. *Secretary*, Ada Harding, 689 Asylum Ave., Hartford. Terms expire May, 1926.

DELAWARE: *President*, Kathryn E. Woods, Newark. *Secretary*, Vernette Huntley, Newark.

DISTRICT OF COLUMBIA: *President*, Emeline Whitcomb, Bureau of Education. *Secretary*, Elizabeth Lewis, 3316 Mt. Pleasant Street. Terms expire June 1925.

FLORIDA: *President*, Orpha Cole, County Home Demonstration Agent, DeLand. *Secretary*, Reba Harris, Diehl Upchurch Building, Jacksonville. Terms expire January 1925.

GEORGIA: *President*, Erna E. Proctor, City Hall, Athens. *Secretary*, Clara Hasslock, Georgia State College for Women, Milledgeville. Terms expire June, 1925.

IDAHO: *President*, Dorothy Ellis, Moscow. *Secretary*, Ruth Fauble, Normal School, Lewiston. Terms expire November, 1926.

ILLINOIS: *President*, Jenny Snow, Board of Education, Tribune Building, Chicago. Term expires fall of 1926. *Secretary*, Adah Hess, State Board for Vocational Education, Springfield. Term expires fall of 1925.

INDIANA: *President*, Mabel T. Wellman, Indiana University, Bloomington. *Secretary*, Mrs. Erma B. Christy, Ball Teachers College, Muncie. Terms expire April, 1926.

IOWA: *President*, Lillian Orr, City Hall, Sioux City. *Secretary*, Margaret Baker, Iowa State College, Ames. Term expire fall of 1926.

KANSAS: *President*, Elizabeth C. Sprague, University of Kansas, Lawrence. *Secretary*, Agnes Saunders, Teachers College, Pittsburgh.

KENTUCKY: *President*, Mary Gale Cawthorne, 732 South Second Street, Louisville. *Secretary*, Anita Burnam, Experiment Station, University of Kentucky, Lexington. Terms expire October 1925.

LOUISIANA: *President*, Clyde Mobley, State Department of Education, Baton Rouge. *Secretary*, Mary Drago, Houma.

MAINE: *President*, Florence L. Jenkins, 140 Pine Street, Portland. *Secretary*, Mrs. Avva Mirtev, University of Maine, Orono. Terms expire November 1925.

MARYLAND: *Acting president*, Edna McNaughton, University of Maryland, College Park. *Secretary*, Marie Mount, University of Maryland, College Park.

MASSACHUSETTS: *President*, Mildred C. Thomas, 138 June Street, Worcester. *Secretary*, Olga Grizzle, 68 Temple Street, Springfield. Terms expire April, 1925.

MICHIGAN: *President*, Ruth Ann Hood, Board of Education, Grand Rapids. Term expires fall, 1926. *Secretary*, Florence Moore, Highland Park High School, Highland Park. Term expires fall of 1925.

MINNESOTA: *President*, Francis Kelley, Court House, Minneapolis. *Secretary*, Edna Amidon, University Farm, St. Paul. Terms expire May, 1925.

MISSISSIPPI: *President*, Esther Rogers, State Department of Education, Jackson. *Secretary*, Mary J. Wilson, Agricultural High School, Raymond. Terms expire May 1925.

MISSOURI: *President*, Lilly Brucher, State Teachers College, Cape Girardeau. *Secretary*, Martha Porter, St. Joseph Junior College, St. Joseph. Terms expire November, 1926.

MONTANA: *President*, Florence Fallgatter, Montana State College, Bozeman. *Secretary*, Martha Kollmansperger, Great Falls. Terms expire November, 1926.

NEBRASKA: *President*, Beulah I. Coon, Teachers College, University of Nebraska, Lincoln. *Secretary*, Mrs. Merle D. Byers, University Place. Terms expire February, 1926.

NEW HAMPSHIRE: *President*, Mrs. Helen F. McLaughlin, University of New Hampshire, Durham. *Secretary*, Grace Wallace, High School, Concord. Terms expire October, 1925.

NEW MEXICO: *Presisent*, Mrs. Walter Simpson, University of New Mexico, Albuquerque. *Secretary*, Gladys Wilson.

NEW YORK: *President*, Grace Schermerhorn, 370 Seventh Avenue, New York City. *Secretary*, Florence Winchell, New York State College for Teachers, Albany. Terms expire July, 1925.

NORTH CAROLINA: *President*, Maude Wallace, State Department of Agriculture, Raleigh. *Secretary*, Katharine Moran, State Department of Public Instruction, Raleigh. Terms expire spring, 1925.

NORTH DAKOTA: *President*, Christine Finlayson, Agricultural College, Fargo. *Secretary*, Grace Colton, University, Grand Forks. Terms expire October, 1925.

OHIO: *President*, Nancy Folson, Home Demonstration Agent, Norwalk. *Secretary*, Mrs. Agnes Ludman Billman, R. F. D. # 5, Dayton. Terms expire May, 1925.

OKLAHOMA: *President*, Clara Kimble, Box 1925, Tulsa. *Secretary*, Frances L. Brown, Agricultural and Mechanical College, Stillwater.

OREGON: *President*, Helen Lee Davis, 2723 Jackson Street, Corvallis. *Secretary*, Margaret C. Morehouse, 2723 Jackson Street, Corvallis. Terms expire spring, 1926.

PENNSYLVANIA: *President*, Mrs. Henrietta W. Calvin, Board of Education, Grant Building, Philadelphia. *Secretary*, Edna M. Randall, State Normal School, Indiana. Terms expire December, 1924.

RHODE ISLAND: *President*, Alice L. Edwards, Kingston. *Secretary*, Margaret McDowell, 87 Weybosset Street, Providence. Terms expire October, 1925.

SOUTH CAROLINA: *President*, Lalla Martin, Zabel Apartments, Spartanburg. *Secretary*, Blanche Tarrant, Extension Service, Greenwood. Terms expire spring 1925.

SOUTH DAKOTA: *Acting president*, Esther Brown, City Schools, Ipswich.

TENNESSEE: *President*, Lula Tunison Farm Bureau, Memphis. *Secretary*, Byrde Wright, 774 Tate Avenue, Memphis. Terms expire spring 1925.

TEXAS: *President*, Jessie W. Harris, State Department of Education, Austin. *Secretary*, Lucy Rathbone, University of Texas, Austin. Terms expire fall, 1926.

UTAH: *President*, Mrs. Rose H. Widtsoe, 382, Wall Street, Salt Lake City. *Secretary*, Effie Warnick, Brigham Young University, Provo.

VERMONT: *President*, Leonora B. Armstrong, Cavendish House, Proctor. *Secretary*, Barbara Hunt, 57 South Union Street, Burlington. Terms expire October, 1925.

VIRGINIA: *President*, M'Ledge Moffett, State Teachers' College, East Radford. *Secretary*, Frances Tabb, Portsmouth.

WASHINGTON: *President*, Frances B. Skinner, Washington State Normal, Ellensburg. *Secretary*, Stella Pearce, 415 East Olive Street, Seattle. Terms expire October, 1925.

WEST VIRGINIA: *President*, Katherine Kearney, High School, Charleston. *Secretary*, Mary Burns, 1105 Locust Avenue, Fairmont.

WISCONSIN: *President*, Bessie May Allen, State Normal School, Stevens Point. Term expires November 1925. *Secretary*, Mrs. Harriet Gordon, 710 Western Avenue, Watertown.

WYOMING: *President*, Jane Beck, Rock Springs. *Secretary*, Mrs. N. D. Prugh, Box 750, Lander. Terms expire October, 1925.

BOOKS AND PERIODICALS

Hygienic Fundamentals of Food Handling. By Charles Thom and Albert C. Hunter. Baltimore: Williams & Wilkins Company, 1924, pp. 217. $3.00.

Many books have been written on food production but very few on its conservation. This subject has become of more general interest with the increasing cost of food and with the greater use of perishable foodstuffs and their transportation over long distances. Since the passage of the Pure Food Laws more attention has been paid to measures necessary to prepare food for the market and to keep it in good condition until it reaches the ultimate consumer.

The first part of this book gives principles underlying the need for care in handling foodstuffs. All foods change on standing, the rate being dependent on chemical composition, especially water and protein content, on the physical forms of components and on conditions for control of the action of enzymes and microörganisms. Commercial methods in common use for preserving foods, the essentials of cleanliness to avoid the different types of spoilage, and also methods for inspection of samples are discussed. Bacterial types of food poisoning are presented in a simple, non-technical manner providing the general reader with the scientific facts he needs in forming opinions as to the truth of accounts of food-poisoning outbreaks. Sources of bacteria and conditions for their multiplication are considered and recommendations as to means for preventing food poisoning are given.

In the second part of the book, the general principles previously developed are applied to particular products,—cereals, fresh fruits and vegetables, pickles and sauerkraut, milk, and all classes of animal foods high in protein. Methods of handling foods depend on whether they are stable, like cereals and other refined products, semi-perishable like apples and potatoes, or perishable like fresh meat, milk, and berries. Each food presents a separate problem, and the phases emphasized in each chapter vary with the educational need as the food inspector sees it.

Much accurate and authoritative information has been brought together but, especially in the second portion of the book, the impression grows that it could have been more advantageously and interestingly arranged if the authors had kept a particular group of readers in mind. There are descriptions of processes of interest to all groups of workers with foods, whether in the home, the laboratory, the factory or the store. Its bibliographical citations add to its value for teachers, students, investigators, and in some cases general readers. The book is a much-needed one as reference material for courses in chemistry and bacteriology of foods.

Laura McLaughlin,
U. S. Department of Agriculture.

Administration of Vocational Education. By Arthur F. Payne, Ed. D. New York: McGraw-Hill Book Company, 1924, pp. 354. $3.00.

The purpose of this book, as stated in the preface by the writer, is "to develop methods, standards, requirements and practice in the organization and administration of schools and classes in a certain precisely defined field of vocational education, namely, industrial education." The word vocational in the title is, therefore, somewhat misleading, because the book is given over largely to a discussion of the problems in the narrower field of industrial education. The use of the more inclusive term is, however, to a certain degree justified by the fact that the statutes and rulings which regulate industrial education regulate also all other types of vocational education. It is also true that certain principles of method should underlie all types of vocational instruction.

The chief value of the book to the worker in the home economics field lies in the fact that it gives in convenient form not only the actual text of the federal act, but also established policies, interpretations and rulings applicable to a greater or less degree to different types of vocational education. Much of this material has not been readily available hitherto.

Home economics education receives little attention and no references to it are to be found in the index except under other headings. The outline printed in Appendix A suggests only the topics which should be considered in a standardized state program. The fact that the book contains a large amount of information in regard to the organization and administration of the whole vocational program assists the home economics worker to orient herself in the larger field. The discussion on page 162 in regard to the desirability of placing work "on a useful and productive basis" is particularly good and the application can be readily made to home economics classes. What the author says on page 209 in regard to the adaptation of instruction to the needs of students in the industrial evening classes, applies equally well to the teaching of home economics; "Sooner or later tests will have to be developed for testing the apperceptive basis of evening class students." In both subjects students are likely to bring considerable knowledge and skill from their own experience and there is danger that the teacher may be "casually passing over items about which the class has no understanding" or, on the other hand, he may be found "painstakingly demonstrating, illustrating and developing items about which the class is as expert as he." It is encouraging, from the educational point of view, to note that the writer frequently urges that more attention should be given to the reasons for processes and that technique should not monopolize the attention of the instructor.

The book will render its greatest service to the two groups of readers for whom, as Dr. Payne indicates in the preface, it was designed. It should be of great value to the superintendent of schools who has the responsibility for the introduction or administration of vocational education and to supervisors and directors of the different branches; it should also prove a valuable reference book for students in departments of education in normal schools, colleges, and universities. It brings together full, authentic, and well-organized material in regard to a kind of educational activity which is still very new, and about which there is comparatively little clear thinking at the present time.

MARY E. PARKER,
Western Reserve University.

BOOKS RECEIVED

Health and Cleanliness. By M. V. O'SHEA AND J. H. KELLOGG. New York: The Macmillan Co., 1924, pp. 279. $.80.

A revision of the second book in the Health Series of Physiology and Hygiene (see JOURNAL 1924, 16: 658) intended for children in the intermediate grades of the elementary school; deals with the reasons for and practice of personal, household, and community cleanliness and sanitation.

The Book of Breast-Feeding. By HESTER VINEY. New York: E. P. Dutton & Co., 1924, pp. 75. $1.00.

A presentation of the advantages and technique of breastfeeding; intended for the use of mothers, wet nures, midwives, and nurses; gives practical suggestions for the care to be given the mother and baby at different periods, for meeting common difficulties, and for weaning; written from the English standpoint but applicable to American conditions; has a foreword by Dr. Eric Pritchard.

The Well-Dressed Woman. By ANNE RITTENHOUSE. New York: Harper & Brothers, 1924, pp. 216. $2.00.

A popular discussion by an experienced writer on the subject; emphasizes the im-

portance of adapting the prevailing styles to individual personality; considers the selection of clothes for women of different physical types, occupations, and residence; includes an opening chapter by Jean Worth and ten precepts by Paul Poiret.

Outwitting the Weasels and New-fangled Notions. Two Plays for Children. By HELEN HARRINGTON, adapted from Stories by CLARA D. PIERSON. New York: E. P. Dutton & Co., 1924, pp. 139. $2.00.

Plays in which most of the characters are birds or animals; the first presenting the advantures of ovenbird, quail, and other common birds in their encounters with a family of weasels; the second showing what happened among the poultry and animals on an old farm taken over by a man with modern ideas of farming, especially of poultry-raising; includes practical suggestions for costumes and stage settings.

A Study of Masturbation and Its Reputed Sequelæ. By JOHN F. W. MEAGHER. New York: William Wood & Co., 1924, pp. 69. $1.50.

A non-technical discussion of a little-understood subject, intended to inform the layman as to its prevalence, real and supposed dangers, and the generally accepted methods of treatment.

Growth. By G. R. DE BEER. New York: Longmans, Green & Co., 1924, pp. 120. $2.50.

A discussion of the phenomenon of growth from the biological point of view by a demonstrator in zoology and comparative anatomy at the University of Oxford; describes the process in frogs and in plants, with certain instances of special phenomena in the case of other animals; includes chapters on such topics as regeneration, asexual reproduction, effect of external conditions, rate, growing smaller, and inorganic analogies; gives a list of references to the literature of the subject; too technical for the ordinary reader but suitable for college students already somewhat familiar with biology.

The Romance of the Holes in Bread. A plea for Recognition of the Scientific Laboratory as the Testing Place for Truth. By I. K. RUSSELL. Easton, Pa.: The Chemical Publishing Co., 1924, pp. 156. $1.50.

A book for laymen by the editor of *Baking Technology;* traces the development and gives the more important facts of microbiology as they affect human welfare; makes special reference to the contributions of Pasteur, but describes also those made by David Starr Jordan, Heinus, and others; includes a chapter on scientific development in the baking industry.

Education Moves Ahead. By EUGENE RANDOLPH SMITH. With an Introduction by CHARLES W. ELIOT, President Emeritus, Harvard University. Boston: The Atlantic Monthly Press, 1924, pp. 143. $2.00.

Experimental Practice in the City and Country School. Edited by CAROLINE PRATT. With a Record of Group Seven by LULA E. WRIGHT. New York: E. P. Dutton & Co., 1924, pp. 302. $2.50.

The Soul of the Moving Picture. By WALTER S. BLOOM. Translated from the German by ALLEN W. PORTERFIELD. New York: E. P. Dutton & Co., 1924, pp. 168. $2.50.

ABSTRACTS FROM PERIODICALS

Heyl, G. Colloidal Properties of Dyes. *Color Tr. Jour.* 1924, 14: 149–151. Art. III.

The colloidal state of dye particles is a purely physical condition consisting of the disperse phase and the disperse medium. A colloidal dye solution can be both negative and positive depending upon the nature of the electrotype and suspensoid contained. The colloidal dyes of opposite signs precipitate in a mixture. Aqueous dye solutions possess colloidal properties. The Michaelis group of dyes are classified according to their colloidal characteristics as crystalloids or totally soluble dyes; semi-colloids, or partially soluble dyes and colloids; and totally or almost totally unsoluble dyes. Reference is made to the conclusions of Teague and Buxton that 'natural dyes' are produced when (1) a highly colloidal dye is precipitated by a second colloidal dye, (2) solutions of a weakly colloidal dye and a highly colloidal dye unite, and (3) two weakly colloidal dyes unite. There is incomplete precipitation, and excess of either component is necessary to re-dissolve the precipitate.

Heyl, G. Colloidal Properties of Dyes. *Color Tr. Jour.* 1924, 15: 4–6. Art. IV.

The four theories of dyeing are given—chemical, mechanical or physical, electrical, and colloidal (diffusion and absorption). The colloidal-diffusion theory was first used by F. Krafft in 1895. He believed that this dyeing process consisted in the disposition by colloids in the fibre in the form of globules or membrane which because of being very plastic, possess the power of clinging to solid bodies. W. P. Dreaper in his "Chemistry and Physics of Dyeing" 1906, maintains a "pure absorption by the fibre" theory. Picton and Linder found that the process of dyeing is closely connected with the electrical charge carried by substances in colloidal solution. Pelet proved definitely: (1) the electrical properties of solutions, colloidal and crystalloidal; (2) the contract-electrification and surface tension expressed in terms of capillary attraction; (3) the effect of temperature on the above phenomena, leaving open the question of the possibility of chemical reaction between fibre and dye. Gee and Harris in 1909 found that the fundamental energy of the dyeing process is always electrical.

Industrial application of colloids in dyeing is still limited. Recently colloidal metals used in experimental and applied medicine have been found on the market.

Matthews, J. M. Features in Modern Silk Dyeing. *Color Tr. Jour.* 1924, 14: 125–128, 189–192.

Silk has been affected more than any other fiber by the discovery of coal-tar colors. Acid dyes are the principal ones used for silk. The presence of salt is likely to cause spots in silk dyeing. There is a demand for goods dyed so as to be fast to a hot neutral soap solution such as commonly used in home washing of silk garments. Acid dyes with mordant are much used on silk. Substantive dyes may be "developed." Sulphur and vat dyes are not suitable for silk.

Cagliostro, Emile. Features in Modern Silk Dyeing. *Color Tr. Jour.* 1924, 15: 23–28.

Proper weighting of silk is considered desirable, for example, using sufficient weighting to regain weight lost by removal of gum. This reduces the cost of the finished goods. Effects desired in finished silks require weighting. Tannin is used in black silk to bring it up to weight. Tin compound properly used in weighting colored silks does not affect the luster or softness and acts as a mordant for many dyes.

Matthews, J. M. Classification of the Methods of Dyeing Wool. *Color Tr. Jour.* 1924, 14: 78–80, 141–144; 15: 7–8.

Wool fiber is complex in chemical structure and no doubt forms physical as well as chemical combinations with some dyestuffs. For basic and substantive use neutral bath. Low temperature required to retard velocity of the dyeing reaction. Basic dyes give

brilliant but fugitive colors. Acid dyes less brilliant but more fast. Diluents as dexterine, salt, Glauber salt, sometimes found in dye effect results. Importance of household dyeing shown by fact that $10,000,000 worth of domestic package dyes were sold in this country last year. Archil and turmeric from vegetable sources act as direct dyes on wool. There are few cases where an alkaline bath is used for wool dyeing.

Heuthwaite, Stephen. Methods of Altering the Color Properties of Wool. *Color Tr. Jour.* 1924, 14: 102–104.

According to an article summarized from *The Textile Mercury*, mordanted and unmordanted wools may be mixed, spun, and woven and then dyed to produce melanges. Chlorinated yarn mixed with untreated yarn will give a dark and light effect when dyed because the chlorinated wool absorbs the dye more quickly. White stripes or patterns may be produced by treating some of the yarns with tannin which makes wool insensitive to ordinary wool dyestuffs. Treatment with a hot solution of formaldehyde renders the wool insensitive to alkalies and permits them to be dyed with sulphur dyestuffs. The well-known Vigoureaux process for printing wool slubbing, gives a speckled or mixed black and white effect in finished cloth.

Matthews, J. M. Peculiarities in Dyeing due to Fiber Structure. *Color Tr. Jour.* 1924, 14: 93–97.

Fibers of the same kind show wide variation in their behavior toward dyestuffs and matching is often difficult. Cotton varies the least of all fibers. Variation in the structure of silk causes it to react unevenly in weighting and dyeing processes.

Matos, Dr. L. J. Tapestry Yarn Printing. *Text. World.* 1924, 65: 115–117.

Reprinted from *Dyestuff*, a publication of the National Aniline and Chemical Company, Inc. Each single warp yarn must be printed so that where it is looped on the surface of the carpet a certain design will appear. The method of making trial swatches of printing colors is described.

Lithography Applied to Textiles. *Text. World.* 1924, 65: 137.

In some specialized forms of textile printing lithographic printing may be used. The cost of engraving copper rolls for cylinder printing is too expensive for a small lot of printing. The process may be used on felt for samples of rug designs, labels for coats, unit garments, as package goods. The process is a form of resist printing and it requires a separate impression for each color.

Plasticity as an Important Property of of Cotton. *Text. World.* 1924, 65: 133.

In a review of an article in *Journal of the Textile Institute* an account is given of an apparatus for measuring the plastic properties of fibers and of a study to show their relation to the properties observed in manufactured goods. An example of plasticity is found in the fact that cotton fibers when held twisted or stretched gradually acquire a permanent change of shape. Plasticity is the opposite of elasticity.

Freeman, A. Clyde. Schreiner Calendering. *Text. World.* 1924, 65: 123–125.

The Schreiner process of lustering cotton goods consists of embossing the surface by means of a number of fine parallel lines engraved on a steel roll. Schreiner originally used 250 lines or more to the inch. The construction of the cloth determines the number of lines on the drum. Fine warp sateens are best adapted to this process. A pressure of 40 to 50 tons is used.

Report of Secretary of Association of Knit Underwear Manufacturers, Roy Cheney. *Text. World.* 1924, 65: 113–115.

The standardization committee for the Underwear Manufacturers Association has appointed Mr. Charles Hamlin as research fellow and he will carry on investigations at the U. S. Bureau of Standards. One line of work will have to do with standard sizes and measurements for knit underwear to be adopted. Extensive research on artificial silk will be carried on. With the coöperation of the Laundryowners' National Association investigations will be made of shrinkage and proper laundry methods for

knitted fabrics, both in the commercial laundry and at home.

Swindells, E. The Printing of Acetyl Cellulose. *Color Tr. Jour.* 1924, 14: 163–164.

Celanese silk is a cellulose product in combination with acetic acid. Its behavior toward dyestuff is unlike that of viscose and nitrocellulose. Basic, acid, and chrome colors may be used but not direct or mordant cotton colors. A special process has been worked out for printing celanese. Since it is used chiefly in knitted goods, it is possible to use hand block printing on most fabrics made of it.

NOTES AND CLIPPINGS

Child Health Publications. The American Child Health Association has added five to the list of attractive publications which it sells at nominal prices: Seeing is Believing—How to Visualize Health Through Posters and Other Projects, price 10 cents; Underweight Reference Tables, constructed from Data of the Baldwin-Wood Weight-Height-Age Tables, price 5 cents; The Scales—The Part They Play in the Child Health Program, by George P. Palmer, Dr. P. H., Director of Research, American Child Health Association, together with a Statement on Weighing and Measuring, A Guide to Progress in Health, By L. Emmett Holt, M.D., price 15 cents; Milk, an illustrated folder printed in color, price 6 cents; and Happy's 1925 Calendar, with 12 amusing pictures and captions, price 25 cents. These may be purchased from the Association at 370 Seventh Ave., New York. Quantity prices are forwarded on request as is also a description list of the Association's publications.

Junior High Schools. A list of a dozen books on this subject is given the *Journal of the National Educational Association* for September–October, 1924. The earliest is dated 1917. From that date until 1923, the volumes deal largely with the general question of organization and administration. Most of the more recent ones discuss such special topics as the psychology of pupils and methods of teaching individual subjects—an indication of the rapid development of the junior high school movement.

Problems and Projects in Related Science. The University of Missouri Bulletin, Volume 25, Number 30, Education Series 14, by Mary L. Klinger and Lilian Sensintaffar, is entitled "Related Science for use in Vocational Home Economics Classes of Missouri High Schools." It gives outlines for 25 problems and projects, with suggestions and sample lessons, and is based on two years experimentation with classes in the University High School connected with the School of Education.

Health Recipes. The National Dairy Council, 910 South Michigan Avenue, Chicago, has issued a collection of recipes in ingenious form, which may be used in its original semblance of a book, or as separate cards, the material on each page being arranged and the pages perforated with the idea of separating them into the cards, each complete in itself and suitable for use in a file. There are twelve such sheets or thirty-six cards of recipes of milk dishes, with three sheets or nine cards giving menus, index, and general information. The book is attractively printed and bound in colors.

Social Welfare Administration. This is the name of the new bi-monthly magazine issued by the publishers of *Better Times*, as the successor of the section of *Better Times* which was known as *Money Raising and Administrative Methods*. It is intended for executives and directors of charitable organizations, welfare institutions, and other social agencies. The subscription price is $1 a year, or $2 with *Better Times*. A free sample copy will be sent on request to anyone interested. The publication office is at 100 Gold Street, New York.

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New Treatments for Cotton and Ramie. Charles Schwartz of the Philana Company, Basle, Switzerland, is reported in *The Science News-Letter* as having invented a new method of treating cotton fibres which gives them characteristics somewhat like those of wool. The fibres are immersed in a concentrated nitric acid which makes them more curly, gives them a rougher surface, and greatly increases both their tensile strength and their resistance to scraping. Fabric woven from the treated fibres, which are called philanized cotton, is said to resemble wool in wear, warmth, and appearance.

The same article refers to methods developed in England for treating ramie fibres with nitric acid. If the fibres are dipped for three minutes in cold concentrated acid they gain slightly in weight, considerably in strength, and take dyes better; if they are dipped under tension they acquire a silky lustre; if without stretching, they are made to resemble wool.

Quality Standards in Industry. A recent bulletin of the Chamber of Commerce of the United States urges the more general adoption of standards for quality in the products of the different industries as a means of securing good will and a valuable business asset, and lists some thirty national organizations of manufacturers who have already taken definite steps in this direction. Of special interest to home economists in this list are those concerned with wool, blankets, poultry, butter and eggs, rice, salt and silk, and the products of bakers, jewelers, and pickle packers.

Money Value of Education. A seven-page list of references on this subject has been published by the U. S. Department Interior, Bureau of Education, as Library Leaflet No. 24. Copies may be purchased for 5 cents each from the Superintendent of Documents, Government Printing Office, Washington, D. C.

Oral Hygiene Exhibit. A month hygiene and health exhibit was held in the Astor Library, New York City, from November 10 to December 5, under the auspices of the Allied Dental Council, an organization of over three thousand dentists with office at 425 Lafayette Street, New York. As *Colliers' Magazine* remarked, "Why can't somewhat similar exhibits be staged wherever they will do good—which, of course, means everywhere?"

A Tale of Milk. *The Red Cross Courier* quotes what a small Italian girl in Topsham, Maine wrote about nutrition in a school essay, the subject of which she chose herself: "Once there was a widow. She had 16 children. They lived in a shoe for a house and were very poor. The poor mother didn't know what to give to eat to the children. She gave them ice cream, candy, spunge cake, etc. They were very thin they had a cat and a dog and they were thin too.

"So one day the poor widow got an advice from the Red Cross Nurse. The nurse help her so she could move into a new house. The poor widow gave her children three glasses of milk each day and they grew very fat, the children, cat and dog and the widow. They were all correct weight and they lived happy ever after."

Monument to Dr. Beaumont. In *Hygeia* for November, 1924, is reproduced a photograph of a granite monument erected on a bluff on Mackinac Island and bearing the inscription, "Near this point, Dr. William Beaumont made those experiments on Alexis St. Martin which brought fame to himself and honor to American medicine."

Museum Work. This bi-monthly magazine, which is the organ of the American Association of Museums, in its issue for September–October, 1924, includes two articles suggestive to home economists interested in the illustrative material and coöperation with museums:—The Functions of Reproductions in a Small Museum, by Elizabeth Whitmore, referred to in an editorial in the JOURNAL for July, 1924, and The Place of the Museum in University Instruction by Frank Collins Baker, University of Illinois.

A Baker's Dozen and Ship's Biscuit. How a Dutch baker was frightened by the devil and coaxed by St. Nicholas to call thirteen a dozen was told in an address delivered by Mayor Walter H. Remington of New Bedford before the New England Baker's Association and printed in part in *Baking Technology* for September, 1924. The article also gives a picturesque if not appetizing account of how ship's biscuits were made and used in the famous days of New Bedford whaling.

Progress in Negro Education. At the annual meeting of the National Association of Teachers in Colored Schools, held in Dallas last summer, reports were presented which showed general improvement in negro education and in coöperation between the white and black races, though much still remains to be done especially in providing more room for negro children in both urban and rural schools, better trained and better paid negro teachers, and better supervision. Appreciation was expressed of the continued coöperation of the U. S. Department of Agriculture and such private institutions as denominational boards, the General Educational Board, the John F. Slater Fund, the Jeanes Funds, the Rosenwald Fund and the Phelps Stokes Fund.

During October announcement was made by the Hampton-Tuskegee Endowment Fund of a gift of $1,000,000 from the General Educational Board to the two institutions jointly, dependent on their raising a similar amount.

Rev. A. A. Kidwell, a well known worker in negro education in South Africa who has recently studied the subject throughout the United States is reported by the *Tuskegee Messenger* to have said that the achievements of the American negro in industry, agriculture and business had no parallel elsewhere and proved that education makes him a more capable worker and a better citizen. It appears that the opposite opinion is common in South Africa and that the relations between the races there are more difficult and the natives under greater handicaps than with us.

High School Students' Reading. The Educational Research Bulletin of the Ohio State University for September, 1924 reports a study by Weiser and Ashbaugh of books read by about 2500 pupils in junior and senior high schools. In general girls read more than boys. First choices were usually books not on the list of required reading. Of the 25 books most commonly read, some were of the best quality but one-third were decidedly questionable.

Marketing Investigations. An interesting article on this subject by Day Monroe in the *Teachers College Record* [Columbia University] for September, 1924, shows the actual cost of various food materials as purchased in large and small containers, the percentage of waste in different parts of fruits and vegetables and the cost per pound of the edible portion in each.

Rural Health Work. In *Public Health Reports*, Vol. 39—No. 42, October 17, 1924 is summarized progress for the fiscal year ended June 30, 1924 in the work done for rural health by the U. S. Public Health service in cooperation with state, local, and private agencies. Demonstration projects were carried out in 72 counties or districts, in 16 states.

Leaflet on Milk. U. S. Department of Labor, Children's Bureau Folder No. 3, "Why Drink Milk," an eight page folder giving a popular statement of why milk is an indespensable food for children, is distributed free on application.

Home Economist as Secretary of State. Florence Knapp, dean of home economics at Syracuse University, was elected secretary of state for New York on November 4th.

NEWS FROM THE FIELD

KINDRED ACTIVITIES

American Dietetic Association. The seventh annual meeting, held at the New Ocean House, Swampscott, Massachusetts, was well attended, enthusiastic, and gave the impression that the organization had arrived professionally.

Among subjects of special interest to home economists was a report by the section on education of a three-year study of training for dietetians, an outline of which will be printed shortly. Another important report was that of the study of foreign dietaries made by Gertrude Gates Mudge for the social service section. The following officers were elected: President, Dr. Ruth Wheeler, University of Iowa first vice-president, Effie L. Raitt, University of Washington; second vice-president, Florence Smith, Rochester, Minnesota; secretary, Amelia Lautz, Peter Bent Brigham Hospital, Boston, Massachusetts; treasurer, Mrs. Agnes O'Dea, Fifth Avenue Hospital, New York City.

American Gas Association. Several items of interest to home economists came up during the convention held in October at Atlantic City. It was estimated that domestic users of gas had saved more than ten million dollars during the last year by learning how to use their gas appliances and that another five and a half millions had been saved through the standardization of range boilers. Classes for men who wish to learn cookery have been organized by a gas company in St. Louis and are planned in Brooklyn, Chicago, New Haven, and Denver.

American Library Association. The annual meeting will be held in Seattle, Washington, toward the end of June. J. T. Jennings, Seattle Public Library, and W. E. Henry, librarian at the University of Washington are in charge of the arrangement.

American Public Health Association. The program of the 53rd annual meeting, held at Detroit October 20–23, contained several features of interest to home economists, notably a paper by Dr. Helen T. Woolley on crochets of children and a committee report presented by Dr. H. C. Sherman on the methods of increasing the iodine content of the diet. A paper by Dr. W. H. Eddy on the effect of different methods of preparation on the vitamin contents of vegetables, and another on mental clinics in public schools by Dr. Frank P. Norberry, of the section on health education and publicity were also full of practical suggestions. The formation of a section for mouth hygiene was discussed.

American Red Cross. Marie E. Dohm has been appointed Assistant to Miss Schuman, national director of the Nutrition Service. Miss Dohm is a graduate of the University of Illinois and Columbia University, has assisted Drs. Eddy and Heft in the physiological chemistry department at Teachers College, and last summer was with the Federation for Child Study, New York, as dietetian for play schools.

St. Louis has been chosen for the annual convention in October, 1925.

National Conference for Social Work. The 22nd national conference is to be held next summer at Denver, Colo. The president is William J. Norton, of Detroit and the general-secretary is Wm. Hammon Parker, 25 East 9th Street, Cincinnati, Ohio.

National Education Association. Dr. Charles H. Keene, director of the Bureau of Health Education, Pennsylvania State Department of Public Instruction, has been elected president of the department of school health and physical education.

Federation for Child Study. In connection with the annual meeting a national conference of representatives of local

branches and leaders in child study, the first meeting of its kind, was held in New York City November 5th to 7th. Among the topics discussed were the function of child study groups in parent education, summer play schools, and visiting mothers' groups. Mrs. Howard S. Gans is president and Miss Alma L. Binzel educational director of the Federation, which has headquarters at 242 West 76th Street, New York, and works through about a hundred local chapters.

Land Grant College Association. The 38th annual convention was held in Washington, November 12 and 13.

The home economics section, of which Agnes Harris of Alabama was chairman, held four meetings, one jointly with the agricultural and extension sections. Research in home economics was a subject much to the fore, both in a session devoted to it, and in general discussions and committee work relating to the Purnell bill. The home economic curriculum and health education were the general topics for two of the sessions. Edith P. Chace of Pennsylvania State College was elected chairman of the home economics section for the coming year.

U. S. Civil Service. Applications for extension home economist in the U. S. Department of Agriculture will be received by the U. S. Civil Service Commission, Washington, D. C., up to January 6, 1925. The duties of the position are to aid state extension agents in methods of organizing and developing extension work in home management and to act as liaison officer between the Department of Agriculture and the state extension forces in matters relating to extension work in home management. Entrance salary is $3800 a year with possible advancement to $5000 without change of assignment.

Bureau of Home Economics. Dr. Hazel E. Munsell has joined the staff of the division of foods and nutrition and is to be in charge of research on the vitamin content of foods. Dr. Munsell is a graduate of Mt. Holyoke, and has also been a research fellow in chemistry there. She has taught at Pratt Institute and more recently has worked with Dr. H. C. Sherman of Columbia University, especially in coöperation with the New York Association for Improving the Condition of the Poor.

Graduate Study in the U. S. Department of Agriculture. For several years the department has offered courses of study, conducted chiefly by its specialists and open to properly qualified employees, for which credit toward an advanced degree is given by standard universities. Those offered this year include one on the principles of nutrition by Dr. Paul Howe and Dr. Louise Stanley, and one on textile fibres by Ruth O'Brien of the Bureau of Home Economics.

Phi Upsilon Omicron Scholarship. The national council, which held its biennial conclave at Glacier Park in August, voted to appropriate $100 a year for two years, to provide a scholarship fund for two young women graduates of high schools of China to study home economics at the Women's College of Peking University, preparatory to the teaching of home economics in the high schools and elementary schools of China.

Fifty dollars American money per year provides board, room and tuition for a student studying at Peking University.

The contribution of this honorary national home economics organization will serve as a stimulus and aid materially in furthering the home economics movement in that country. There is great need for the training of leadership and the funds available are very limited.

Contest in School Health Programs. The American Child Health Association invites all secondary schools in the United States, public and private, to make a study of their programs for health education, and to submit the result in competition for three prizes of $333 each. Schools wishing to enroll should make application by January 10, 1925 to the Secretary of the High School Project, American Child Health Association, 370 Seventh Avenue, New York City. Details and outlines of procedure may be obtained at the same address.

Highway Safety Contest. The Highway Education Board is again offering $6500 in prizes and medals to elementary school pupils and teachers for the best essays and lessons on how to lessen accidents on streets and highways. Full information may be obtained from the Highway Education Board, Willard Building, Washington, D. C.

Merrill-Palmer School. Two more houses on Ferry Avenue East have recently been added to the property of the school. In one of these is located the new nursery school for children under three years old; Miss Henton is in charge, while Miss Harley, formerly her assistant at the original school for children from three to five years old, is now in charge of the latter. Winifred Rand, a graduate of Smith College and the Childrens Hospital, Boston, who until recently was in child welfare work in Boston, is now at the Merrill-Palmer School, working out a method of studying the relation between a child's social environment and his physical and mental development. Mary Sweeny, formerly executive secretary of the American Home Economics Association, is temporarily assisting Edna White, the director of the school, in place of Lila Skinner who has resigned to be married.

Milbank Memorial Fund. One of the centres chosen for an extensive health demonstration under this fund which was described in the JOURNAL for January, 1924, page 50, is in New York City. The area is bounded by East 14th St., the East River, East 64th St. and Fourth Ave. and has a population of 200,000. City and state health officials will coöperate in the demonstration.

Western Canners Association. The eighty-first semi-annual convention was held in Chicago, November 24 to 26. The speakers included representatives of allied associations, special branches of the canning industry, and government organizations concerned with the production of or commerce in canned foods. American canned foods in international trade were brought out by R. S. Hollingshead of the U. S. Department of Commerce and George W. Cobb of the American Can Company.

Museums of Peaceful Arts. The will of the late Henry R. Towne of New York includes a residuary bequest, probably amounting to two million dollars, for a museum or museums devoted to the arts of peace, including agriculture, forestry, and woodworking, mining and metallurgy, transportation and communication, engineering and architecture, industrial chemistry, electrical mechanisms, aeronautics, and textiles. A smaller trust fund is also created, the income from which is to be used to bring prominently before the public the character and usefulness of the great industrial museums of Europe and the need of such collections in this country.

CANADA

Edmonton Home Economics Association. At a recent meeting Edith Deadman gave a very interesting report of the annual meeting of the American Home Economic Association which she attended.

Alice C. Langley has recently taken charge of the dietary department at the Royal Alexandra Hospital, Edmonton, Alberta. Miss Langley is a graduate of Macdonald Institute at Guelph and has spent the past year doing post graduate work at Columbia University and at the Fifth Avenue Hospital, New York City.

Margaret E. Smith, a graduate of the University of Wisconsin, is now with the department of physiology, University of Alberta, Edmonton.

KANSAS

Kansas State Teachers College. The departments of domestic science and art were consolidated at the beginning of the school year into a department of home economics, with Ethel Snodgrass, former professor of domestic science, as director. Miss Snodgrass is a graduate of Purdue and Columbia Universities, and came to Kansas from Mt. Union College, Alliance, Ohio, where she was professor of home economics.

Mary Ann Stephens, a graduate of the University of Missouri, is assistant professor of home economics, succeeding Miss Rosalie E. Blake, resigned.

MASSACHUSETTS

Massachusetts College of Agriculture. Mildred E. Wood, formerly urban home demonstration agent under the University of Minnesota, has been appointed director of the teaching of nutrition in the extension service.

Student Clubs. Three clubs in the neighborhood of Boston have been reported to the JOURNAL since the figures printed in the October issue were compiled. Among these a pioneer is the one in the Brookline High School, which was established in October, 1922, and to which are eligible domestic science students with a rank of C or over. This club meets after the afternoon sessions on the first Thursday of each school month, with varied social or educational programs. The president is elected by ballot from the senior class, the vice-president from the freshman, the treasurer from the junior, and the secretary from the sophomore class.

NEBRASKA

Omaha Central High School. Chloe Stockard of Missouri and Idaho and Dorothy Kitchens of Arkansas and Illinois are additions to the home economic staff. Because of the increasing demands made on the sewing department for costumes for school activities, a course in stage costuming was organized under the dramatic department to have charge of all such costumes.

State Extension Service. During October country-wide Achievement Days were held in the counties where the extension women's clubs have been doing home project work. Throughout the year two project leaders from each group have met once a month for a day's training with either a state or a county home extension agent. On Achievement Day these leaders gave the final reports of what their clubs had accomplished and a summary for the county was made. An enjoyable cafeteria lunch was furnished by clubs. The afternoon program, provided by the clubs, consisted of community singing, short plays related to the project, original stunts, stories, and poems, an exhibit of articles made, county reports, and short talks by the state and county agents and others. Grace Frysinger of the U. S. Department of Agriculture was a speaker at the Achievement Days held in Johnson and Custer Counties.

Nebraska Wesleyan University. A course in table service offered for the first time this year is open to juniors and seniors in the department who have had first year food study and house management. The aim is to acquaint the girls with various forms of table service, to present the problem of managing other workers, and to give help in the economics of food planning and purchasing.

The work is organized like that in a practice house with a rotation of duties every two weeks. There is a hostess who has entire charge and two others working under her. During the two week period the hostess must plan menus for all types of meal service, do all the buying, keep the accounts, and direct the work. The two waitresses must be familiar with all forms of service in order to carry out the plans of the hostess. The course is financed by money received from the meals which are served to six instructors and five girls.

The dietetics class, under the direction of Leta Linch, has been studying the problem of infant feeding in a novel way. The instructor obtained permission from the mothers of several bottle-fed babies for the students to visit their homes and study the individual cases. The findings were reported back to the class, and this led to an interesting study of proprietary infant foods and a discussion of milk formulas.

University of Nebraska. Again this University is proud to avail itself of the opportunity of sending two students to the Merrill-Palmer School in Detroit, Mary Bailey and Elizabeth Fisher.

Grace Schermerhorn of the National Child Health Association was in Lincoln October 15–20. Her time was filled with addresses and discussions with students of home economics and physical education, and prospective and present teachers.

Nebraska State Teachers Association. At a meeting held in Lincoln November 5, 6, 7 and 8, Maude Williamson, of Kansas State Agricultual College, contributed to the program of the home economics section.

State Department of Vocational Education. A number of superintendents this year have budgeted the reimbursement available from the State Board of Vocational Education for the different subjects in homemaking

in such a way as to encourage the organization of classes in mother training and home management, child care and home health. In both Lincoln and Omaha, more than 30 per cent of all state-aided evening classes in homemaking will be in mother training and home management.

A power company in Omaha is allowing more than thirty of its women to use company time for the study of the subject matter included in the usual mother training and home management courses, although the course is not called by this name. This course, taught by Mrs. Eva Morse, is called "Living Together" and the applications are made both in regard to business relations and home relations.

NEW ENGLAND

New England Home Economics Association. On November 1st this association was the hostess group at a joint meeting with the Massachusetts Home Economics Association. The day was made memorable also by the first official visit to Massachusetts of Lita Bane, our executive secretary.

Miss Bane, as introductory to her main theme, "Aims and Activities of the American Home Economics Association," gave a brief report of the Buffalo meeting and an analysis of the value of such a meeting.

She spoke of the trends in home economics to-day and cited as significant the new sections in the Association, the new Bureau of Home Economics, and the work of such organization as Better Homes in America. "Most of all" said Miss Bane, "We are an American Home Economics Association. Let us build an organization worthy of the institution in whose name we are organized."

At the luncheon and joint board meeting following the general meeting, there was a full discussion of the graded membership plan and of ways and means by which it could be adapted to local conditions.

The teacher's section of the association, is to hold a series of round table conferences this year, for the purpose of taking up the specific problems presented. This sort of program gives a great deal of responsibility to the individual members, and, as it is especially planned at the request of several teachers, it is hoped that there will be a hearty response.

NEW YORK

Eastern District, New York State Home Economics Association. The annual meeting was held at the Russell Sage College, Troy, on October 30th and 31st. Anna Randolph Keim was chairman, and Margaret Hays of Saratoga was secretary. Section meetings were held on the afternoon of the 30th. Mrs. A. L. Burdick, of the Federal Board of Vocational Education gave a helpful talk to the part-time group, Florence Winchell, head of the home economics department at State College, led the junior high school discussion, and Emma Conley, state specialist, spoke to the senior high school section. At the general meeting next morning, a health play was given under the direction of Marion Flemming of State College for Teachers, and there were addresses by Eliza Kellas, president of Russell Sage College and Miss Whitcomb, U. S. Bureau of Education. A get-together luncheon followed this meeting.

The new officers are: President, Anna Randolph Keim, New York State College for Teachers, Albany; vice-president, Isabelle Bull; secretary, Dorothy Grant; treasurer, Edna L. Wiberly.

New York State College for Teachers. The college has been fortunate in securing Florence E. Winchell as head of the department of home economics; she was formerly teacher of household arts at the Lincoln School, New York City, was a graduate student at Columbia University during the second semester of last year, and is the author of "Food Facts for Every Day," published by J. P. Lippincott Company, in October.

The department of home economics, in coöperation with other educational agencies, has arranged with the General Electric Company at Schenectady for broadcasting a program of twenty-six carefully planned talks on homemaking as a professon. These talks will be given from WGY Station on

Mondays and Thursdays at two o'clock from November to February.

Syracuse Home Economics Association. Regular meetings were resumed on October 8th. The new officers for the year are: President, Mary Bowen, director of health education; vice-president, Helen Kuck, Syracuse Memorial Hospital; recording-secretary, Charlotte Martin; corresponding secretary, Margaret Tuttle; treasurer, Mrs. Mary Faulkes.

Pratt Institute. The School of Household Science and Arts opened with a large registration of students and with few changes in the faculty. Louise Zick, for six years head of the special order department at Joseph's, Fifth Avenue, New York City, and Henrietta Harman, who has had several years business experience in designing and dressmaking, have been added to the full-time dressmaking staff. Julia C. Repper, who received her training at Pratt and then worked at Fern Bradley's, is returning as assistant instructor in costume design. Alice Guss, a graduate from the teacher-training household science course, comes as assistant lunchroom manager and cookery instructor, and Mrs. Paul Covington, another graduate of the teacher-training course, to teach cooking to the homemaking students.

The following students from the senior dietetics class are doing their required hospital work as pupil-dietitians during the fall term. Pauline Ash and Mary E. Terry at the Brooklyn Hospital, Emma Bauer at the New York Post-Graduate Hospital, Mrs. Ethel R. Davis and Eleanor C. Smith at the Psychiatric Institute, Morristown, N. J., Laura B. Downs at the Glens Falls Hospital, Arax Hachadoorian at Randall's Island, New York City.

The following senior dietitians are doing practice work: Caroline T. Ackert and Dorothy A. Cosby at the Borden's Milk Station; Miss Watt and Dorothy R. Whalen with the Brooklyn Association for Improving the Condition of the Poor; Doris C. Hawley and Helen A. Waterman with the Flatbush Boy's Club.

Barnard College Fellowship. Day Monroe, Instructor at Teachers' College, Columbia University and one of the advisory editors of the JOURNAL, is the holder of a fellowship in chemistry and is studying at the Sorbonne in Paris.

NORTH DAKOTA

North Dakota Home Economics Association. A meeting was held at Grand Forks on October 23rd and 24th, in connection with the State Education Association meeting. The following officers were elected; Vice-president, Emma Putney, Valley City; treasurer Olava Bakken, Casselton; councillor, Mrs. M. G. Cole, State Agricultural College. The offices of president and secretary hold over another year. Christine Finlayson, state supervisor of vocational home economics, continues as president, and Grace Colton of the University Commons, as secretary.

The program included many interesting talks. There was considerable discussion of the proposal to incorporate into the high school home economics courses in the state a unit course dealing with family relationship.

The program of work for next year includes plans for furthering both the district and state work, in addition to emphasizing the points stressed in the program of work of the national organization. Particular attention will be paid to the responsibility of the home economics teacher in the health program for the entire school and her co-operation with the specialists in allied subjects, and also in connection with community work through such organizations as the Parent-Teacher Association and women's clubs. Several recommendations are to be sent to the state department of education suggesting that teacher-training institutions give a course in nutrition for elementary school teachers during the regular and summer sessions, and that high schools training teachers for rural schools offer an extra-curricular course in home science during the senior year to include work in foods, hygiene and sanitation, and clothing.

The state association plans to send several newsletters to all home economists in the state, the first to go out early in 1925.

University of North Dakota. Marion Stephenson has leave of absence from the clothing department and is in Paris for further study of costume design. Jessie Scott of the University of Washington is taking her work.

Hazel Hauck of the University of Washington is teaching foods and institutional cookery, in the place of Eloise Virtue who left at the end of last year to be married.

State Agricultural College. Ida Ingalls, M. A., Columbia, 1924, is on the staff of the clothing department for the year. She was previously at the University of Illinois.

OREGON

Oregon State Agricultural College. Irene Ho, of Kai Yuan, Munkden, Manchuria, China, a graduate of Peking University, 1923, is studying home economics through a fellowship offered by the Home Economics Club, Home Economics alumni and faculty. After a year or more of intensive home economics study she will return to China to assist Miss Camilla Mills, the head of the home economics work in Peking University. This work was established by Miss Ava B. Milam, Dean of the School of Home Economics, following an exhaustive study of home life in all parts of China.

The class in food economics in the household science department is preparing a food forum to be presented at the homemaker's section of the college Folk Club, November 24. Each member of the class will report on an investigation of some household buying problem. Time will be allowed for questions and discussions on the subjects presented.

PENNSYLVANIA

Pennsylvania State College. One of the special events of each semester is Scholarship Day. The program includes talks by prominent speakers, announcement of scholarship awards and elections to the ten honor societies, and presentation of medals, cups, and prizes. At the exercises held on November 3rd students in the department of home economics played a prominent part. Omicron Nu, which announced the election of six senior students, was represented for the first time, Tau chapter of this organization having been installed last May. Of the ten students to be elected to Phi Kappa Phi, which selects its members from all schools of the college, only two were women, both seniors in home economics. Kappa Delta Pi, the national honor society of the teaching profession, elected two home economics students among a total of five men and seven women. Three out of eighteen scholarships were awarded to students in home economics and three Honor Society Council Medals also went to them. This is considered a very good record in view of the fact that students in this department make up only about four per cent of the total enrollment of the college.

Plans are being made by the department of home economics to open a nursery school next year, in a house on the campus next door to the practice house. The school will be similar to the one at the Merrill-Palmer School, which two Penn State students have had the privilege of attending during each of the last four semesters.

RHODE ISLAND

Rhode Island Home Economics Association. The annual meeting was held in Providence on October 31, with Miss Bane as speaker and guest of honor at a luncheon at which about sixty members were present. Alice L. Edwards, dean of women at the Rhode Island State College, was elected president.

Rhode Island State College. Dean Alice L. Edwards presented an interesting paper on "Means in determining the Home Economics Curriculum" at the Washington meeting of the Land Grant College Association in November.

Leonia Peckham, a graduate of last June, is assistant and graduate student in the home economcs department of Ohio State University.

Miss Baylor, of the Federal Board for Vocational Education, was a guest in the home management house in November. She also visited home economics departments throughout the state and attended several groups of teachers and friends of home economics.

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TENNESSEE

Murfreesboro. A county home economics association has been organized of which the Home Economics Club at the State Normal School has become a part. The year's program is to be divided between history of home economics, problems in the field, and health and manners in school and out. It is planned to send a newsletter to last year's graduates.

TEXAS

Community Enterprise at Dallas. The Dallas Institute for Social Education, which works under the auspices of the Civic Federation of Dallas, is carrying on several series of lectures and extension courses, among them lectures on educational processes in the community.

UTAH

Utah Home Economics Association. The annual convention was held in Salt Lake City October, 24th. Alma Binzel of the Federation for Child Study was our guest at a luncheon at which the introduction of courses of child study into our curriculum was discussed. She also spoke at the afternoon session on "Fears, Phobias, and Anxieties."

Dr. Raymond Franzen, assistant professor of psychology at the University of California, spoke on "Standardized Educational Measurements in Relation to Home Economics" and offered to give a constructive criticism to any teacher who submitted a test to him.

The following were chosen as officers for the year: President, Effie Warwick, Brigham Young University, Provo; vice-president, Etta Nelson, Ogden; secretary, Mrs. Blanche Condie, Brigham Young University, Provo.

VERMONT

University of Vermont. The seniors were hostesses at the first meeting of the student home economics club and gave a most successful 'get acquainted' party. Miss Terrill spoke to the girls of the different types of positions open to home economics graduates. The club voted to affiliate with the American Home Economics Association.

On October 16, the club gave a tea at the practice house in honor of Miss Bane, who told the girls something of the history of the American Home Economics Association and specific things that other undergraduate clubs are doing. Her visit and talk made the students feel that they were a very real part of the great national association, with which they had just become affiliated.

State Teachers' Association. The large attendance and interest in the home economics sectional meeting during the recent convention at Burlington bespeaks a growing professional consciousness among Vermont home economists. The state association felt it a real privilege to have the executive secretary of the American Home Economics Association bring to this meeting a message from the national association.

Dr. Edith Hale Swift, of the American Social Hygiene Association, told of the instruction which she is giving this year in about forty of the schools and colleges of the state. Frances Webster, of the new England Division of the American Red Cross, explained how home economics teachers might coöperate in American Red Cross nutrition program. Jessie Winchell, state supervisor of home economics education, spoke to the teachers on the place of the home project in effective home economics teaching. Elizabeth Colburn demonstrated the use of art craft materials.

The clothing class in the high school of West Charleston had a very real and vital problem and showed excellent community spirit when they made clothes for a number of small children of a family who had lost all of their clothing in a fire.

WASHINGTON

State College of Washington. Dean Ava B. Milam of Oregon State Agricultural College visited our campus November 1 and 2 in behalf of the Columbia Branch of the Women's Mission Society of the Methodist Episcopal Church.

Edna Avery, associate professor of home economics, is making outlines on textiles and

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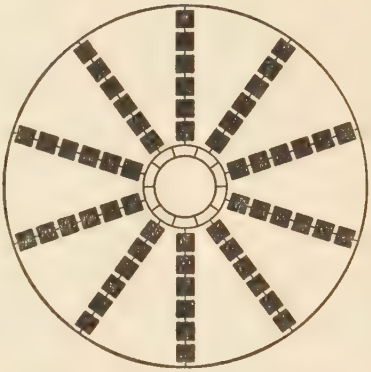

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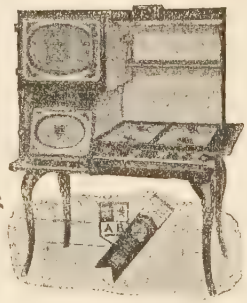

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Catherine Bryden, associate professor of home economics, talked to the Walla Walla district meeting of the State Economics Association on October 27th.

Irene Harrington a graduate of Simmons College and for the past four years director of the girls' dormitory at Reed College, has accepted the position of assistant dietetian of the new Commons.

The new Commons building begun last spring was opened late in the autumn. This building, an excellent example of colonial architecture includes among its special features a sanitary, modern, well equipped kitchen with tiled floors and walls; a refrigeration plant and refrigeration rooms of the proper temperature for the storage of eggs, meat, dairy products, fruits and vegetables; and an institutional laundry. There are two main dining rooms with a total seating capacity of seven hundred and fifty, smaller club dining rooms, and a coffee shop. All the service is from a central kitchen and bakery. On the top floor are several two-roomed apartments, the rent of which is a source of revenue to the dining hall. This new hall not only provides the adequate accommodation which the rapid growth of the college has made necessary, but also an exceptionally fine practice field for the institutional management classes.

Spokane County. The Catherine Glen Club, made up of daughters of county pension mothers, won a special prize at the county fair for an interesting display of clothing, made out of sugar sacks, flour sacks and old clothing.

The girls in club work in Sharon community upheld the honors of the county at the Interstate Fair contents in fine style, winning first place in sewing and third place in judging the quality of clothes and shoes. In the canning contest Issaquah club came first, Kennewich club second.

Milk campaign week was held October 27 to November 1. Home economists and physicians spoke at the different schools on the food value of milk.

The Broadview Dairy invited the girls of the high schools to attend a lecture and moving picture demonstration of the food value, its preservation, and care of milk. At the close of the lecture each girl received a half pint of milk and some cookies. They seemed to enjoy the refreshments hugely.

Many clever and interesting posters were displayed in schools and store windows. The week ended with a pagent, "The Palace of Good Health," written by Katherine Parr, a high school girl. Much credit is due the young author, the teachers and pupils who participated, for a very finished production. Already the householders of the community are groaning over the increase of their milk bills.

Washington Educational Association, Western Division. The annual meeting in Seattle, October 29 to 31, afforded an opportunity for a large attendance at the home economics section which met at Broadway High School, October 30. Grace Gillett, state supervisor of home economics spoke of the danger to home economics in the proposed 40 mill tax measure then before the taxpayers. This bill to reduce the tax on real and personal property with no immediate increase from other sources would, of necessity, greatly reduce the school maintenance funds, possibly threatening the existence of home economics.

Grace Denny of the University of Washington reported in a very interesting way the keynotes of the Buffalo convention. Mrs Ellen P. Dabney of Seattle emphasized the importance of membership in the national organization and the value of the JOURNAL.

Among the topics discussed were clothing, school lunch, house furnishings, and health education. Mary Sutherland of State College and Martha Koehne of the University of Washington giving interesting talks on the last subject.

It was voted to appoint a committee to consider, in relation to the topography of the state, the possibility of forming two separate organizations.

The following officers were elected: President, Jeanette Bliss, University of Washington, Seattle; vice-president, Frances Skinner; secretary-treasurer, Stella Pearce, Seattle.

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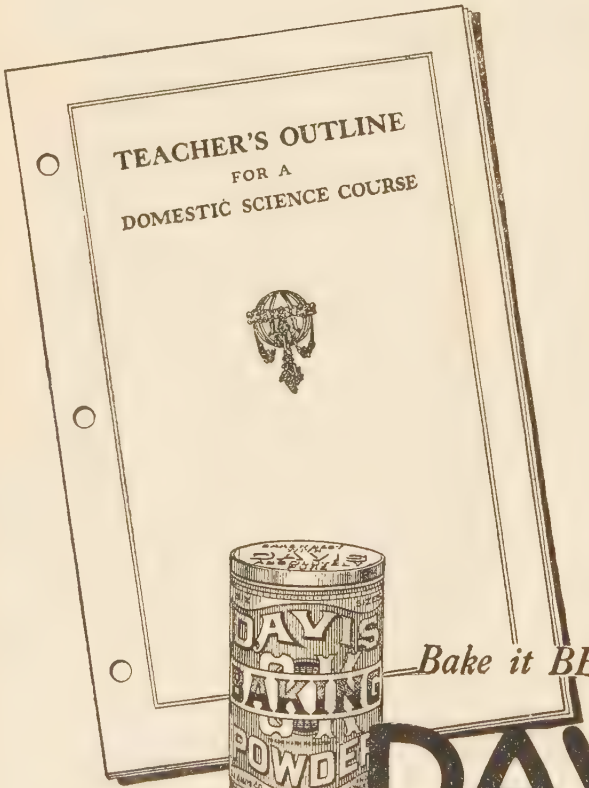

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WISCONSIN

Chippewa Valley Home Economics. A banquet was held at the Hotel Eau Claire for the home economists attending the Northwestern Teachers' Association in Eau Claire, October 16th. Mrs. Featherstone of the Elizabeth McCormick Memorial Fund, Chicago, was the guest of the evening. At the round table discussion which was held in Eau Claire High School on October seventeenth, there were present 57 home economics teachers, 2 housewives and club women, 2 school nurses and the secretary of the local board of Education. Miss Kugel of Stout Institute, who travelled in Europe last year, told of English and French dietary habits. In connection with English ways, she spoke of the heavy meat breakfasts served at 9 o'clock and the lack of fruit, vegetables, salads, and water.

Club News. The South Central Wisconsin Home Economics Club held its first meeting of the year on Saturday morning, October 18, in the Vocational School. When the business meeting was over the group was divided into smaller sections for informal discussion, an arrangement which led to a very helpful exchange of ideas. Very likely the programs for the remainder of the year will be of this same type.

The Lake Shore Home Economics Club held its first meeting of the year, Saturday, October 11, at Racine. Margaret Johnson, state supervisor of vocational home economics, gave an interesting and helpful talk on the Analysis of Homemaking, showing charts which she had prepared on such representative subjects as food preservation, cleaning in the home, selection of clothing, and home nursing. The discussion was continued informally at a delightful luncheon at the Y. W. C. A. Members were present from Kenosha, Racine, South Milwaukee, and Cudahy.

Watertown has organized three student clubs this fall through the help of the Y. W. C. A. among girls belonging to the half-time groups. They meet once each week from 4 to 5 o'clock. The clubs signed their constitution in October, and the cooking department of the school served lunch for them.

Stout Institute. Bertha Bisbey, in charge of nutrition work, talked to the Middle Border Home Economics Club, at LaCrosse, October 17, on "Health Work in the Public Schools."

A most interesting exhibit of historic shoes was put on by the clothing department this fall. The exhibit, which comprised rare and unusual footwear from many foreign countries, was obtained from the Stone Shoe Company of New York.

The Band Box, as the college tea room is known, is the center of many social activities. Furnished and decorated by classes in home furnishing, it provides an attractive room for the use of any school organization desiring to serve refreshments, and the cafeteria management classes, under the direction of Della Payne, prepare and serve the weekly teas and the special luncheons and dinners for students, faculty, and their friends.

Daisy Alice Kugel, director of the School of Household Arts, and Muriel Brasie of the art department, who recently returned from several months in Europe, entertained the home economics faculty at a dinner typical of those served in a French pension. The varied and deliciously seasoned foods and the unusual table service made the dinner unusually entertaining and delightful.

The Health-Weight Campaign inaugurated last year is again a feature of the freshman food classes.

WYOMING

Home Economics at State Fair. The home economics work of the state was well shown at the State Fair. The home economics department of the University had a good exhibit of art work as applied to the home and also posters on health and nutrition. The girls clubs under the direction of the division of extension did very interesting work. A demonstration team from each county is eligible to attend the State Club Camp. The teams which go to the fair must win the trip in a contest in their own county. These teams are entertained by the

State Fair management through the courtesy of the Commissioner of Agriculture. The girls teams demonstrated many phases of clothing, canning and baking club work. Two clothing teams demonstrated the use of flour sacks, another showed how to store clothing. A canning team showed how to use the home can sealer and proved that such a device is practical for ranchers in Wyoming. A baking team demonstrated the making of baking-powder biscuits while another showed how to make gold and angel food cake. All teams demonstrated to responsive audiences and the demonstrations were such that they would have done credit to much more experienced people. At the end of the week a club banquet was held and the various awards were made.

FOREIGN

Argentine Department of Hygiene. Modern methods of spreading ideas of health are in use in this newly-established branch of the government. Railroad cars have been sent through the country equipped with radio and motion pictures, first aid and disinfection outfits, while lectures and posters are other means of publicity used. The department includes a division of child welfare and has opened mothers' and babies' centres.

Canadian School for Bakers. The Canadian Bakers Association, according to *Baking Technology*, has been behind the formation of the school for bakers about to be opened at the Ontario Agricultural College at Guelph. The association has raised the money for the building which is to house the school and which is named in honor of Mr. H. E. Trent, for many years a prominent member of the association and advocate of the school.

Qualifications of Japanese Students. As an aid to international coöperation the Japan Branch of the American Association of University of Women has appointed a committee to give information concerning the qualifications of Japanese women desiring to take courses in America. The chairman, to whom inquiries should be addressed, is Mrs. Howard Hannaford, Meiji Gakuin, Shirokane Shiba, Tokyo.

National Federation of Women's Institutes. An exhibit of members' handicrafts was held at Drapers' Hall, London, in October. The handicrafts practised in these institutes include embroidery, upholstery, furcraft, basketry, leatherwork, making hard toys, smocking and knitting. Training classes for the various crafts are held from time to time in London and elsewhere.

Le Salon des Appareils Menagers. Under the auspices of the Ministère de l'Instruction Publique and the Office National des Recherches Scientifiques et Industrielles et des Inventions, a most interesting array of labor-saving devices was shown in Paris, from October 25 to November 9. The fact that France now has a servant problem has led to a far more general interest on the part of the French women than heretofore, and the attendance was surprisingly good. The exhibit was much like a similar one in New York, except for the small enamelled stoves made to save fuel rather than to give out heat, the folding rubber bathtubs, and the numerous devices for polishing steel knives. These and the language were foreign. But there were vacuum cleaners, electric dish washers and washing machines, disappearing beds, soaps, and numerous small kitchen utensils. M. Herriot took one of the patent oyster openers home, they say. A pitcher with a hollow center was guaranteed to heat a liter of water when the morning paper was burned in it. This and the small electric heater attached to the cold water faucet were especially interesting to women living in the old Paris houses where hot water systems have not been installed. Among the educational features were talks on nutrition, charts, and demonstrations.

Fru Bang, Minister of Education. To Denmark is said to belong the credit for first appointing a woman to full cabinet rank. Fru Nina Bang who now holds the portfolio for education is a socialist, a vigorous personality with no fear of tradition, according to an article in the *Literary Digest* for October 18th, 1924.

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Journal of Home Economics

PRINCIPLES OF PERSONNEL MANAGEMENT APPLIED IN AN INSTITUTION KITCHEN

NELLIE HALLIDAY

Personnel management can help to solve our kitchen problems. It is a comparatively new development, but has proved itself beyond question in other lines of work. Many concerns employing thousands of men are taking on personnel managers whose duty it is to select workers to perform their assigned tasks in a definite manner and turn out specified results. After all, that is what we too are doing, and in order to make our kitchens function at their best, we must be personnel managers as well as executives and supervisors, handling employees as well as buying supplies and supervising the preparation and handling of our products.

Scientific personnel management has grown up in the last thirty years, based on the work of Frederick Taylor in the Bethlehem Steel Company's plant. Just as the physicist or chemist studies natural phenomena in order to learn the laws governing them and the reasons for their actions and then to control their results, so a scientific personnel manager studies the psychology of groups of persons in order to understand why they make the responses they do and how to control their actions for the attainment of desired ends.

After these laws of group behavior are known, the first step is to decide what type of results is desired. When the great goal is thus defined and the laws are supplied for its attainment, managing an institution kitchen becomes a problem of scientific research.

Kitchens vary in size and locations according to the number and type of persons to be served and the method of service, which in turn are determined by the means and the function of the organization, while the working conditions, the equipment and tools with which to work, are often predetermined by a board of directors or by a superintendent.

In general, however, the manager's problem is that of selecting the number and kind of workers best fitted for special purposes, training them to prepare and serve good food, putting into practice our ideals of cleanliness and sanitation, and keeping all members of the organization a loyal and happy group, interested in their work and in the success of the institution.

In the choice of employees, sex and race must be considered as well as number. For many lines of work women are better, but in others men excel. A man is more inclined to standardize his work and to consider himself as an artist, a professional man, rather than a worker. He tends to be domineering, demanding respect from his subordinates, and is likely to resent criticisms even when his results justify them. In my experience, the women who work as cooks in an institution come from a little better type of home than the men, but this may not hold true in all parts of the country. Their standards of personal hygiene and the handling of food are often higher, but they need training in accuracy and the use of standardized recipes, methods, and equipment if they are to turn out standardized products. They are more closely attached to their homes and their desire for security through regular work is stronger, and more so as they have usually gone into their work as the result of some tragic experience—desertion, widowhood, a crippled husband or a child in the hospital. As a result they are likely to be more conscientious and anxious to learn. In using men and women together, there are complications in the way of domination and prestige. The line of advancement must be watched and a woman must not be advanced over a man, if he is valuable, as this will surely mean losing him. As regards race and the choice between white or colored, American-born or foreign employees, geographical location and local conditions and customs will be factors. The number of employees required to handle the work will depend on the race and sex, and before we engage them we must have our policy definitely in mind.

To teach the workers we have employed how to prepare and serve good food, and to instill in their minds our ideas of cleanliness and sanitation, we must not only show them the results toward which we are striving and make them wish to attain these, but we must keep the whole environment such that our ideas will be absorbed unconsciously. This is a huge undertaking, but it can be accomplished with the help of psychology and social science, just as aviation has been accomplished by the help of physics and the allied sciences.

Social scientists tell us that what we do without compulsion is based

on four fundamental types of wishes or desires. The first is the wish for a new experience, the urge to move on when work grows monotonous; it makes for instability unless the work itself is varied enough to satisfy the craving, but on the other hand, it leads to invention and new methods of work. The second wish is for security, and the persons in whom this the guiding force, is found, make steady workers. Third comes the wish for dominance inherent in us all; we love to show off, to feel that there is someone a little lower in the social scale whom we can impress and manage. The fourth wish is for personal response, a home, family and friends. Many of the disastrous effects of unemployment may be traced to the thwarting of these wishes; when a man is frequently out of work or in constant fear of being laid off, his mental condition is not conducive to peace at home or to the making of friends. He gets restless for a change, lacks a sense of security, feels inferior, resents the criticisms of his wife or the slurs of his friends, becomes nervous and irritable, and for distraction he turns to drink, drugs or vice, perhaps all three.

The kind of wishes a person makes at any particular time depends on his interests and ambitions, the conditions of his life, and the character of the groups of which he is a member. In order to change the type of his wishes, we must change one or more of these factors. Applying this rule to the problem of making our employees wish to do as we wish, rather than as they wish we try to arouse their interest and ambition in their work, to make their life satisfactory by giving them work for which they are fitted, good hours with leisure time, good salary, a pleasant place in which to work, and congenial co-workers. If the entire group is thus stimulated, we have a group attitude which becomes a potent force in maintaining standards. When a newcomer enters a group which stands together on such points as economy, elimination of waste, and use of definite recipes and methods to produce definite results, he is at once started in the formation of right habits. The group attitude can thus be manipulated to bring about the ends we wish to attain.

To make the environment such that ideas of cleanliness and sanitation are absorbed unconsciously as well as consciously we must too take stock of our working conditions, including such points as lighting, ventilation, floor drains, and arrangement of equipment, and we must also eliminate as many undesirable features and waste motions as possible. The question of lighting includes the prevention of glare and the matter of wall and ceiling surfaces. A bright, cheery

room makes for happy workers where a dark, gloomy one is depressing. Ventilation is usually fairly good, but one sometimes finds dishwashers working in a small, close room in a cloud of steam. If under such conditions dishes are broken or sent back dirty, the workers are only adapting themselves to our own low standards and responsibility is ours rather than theirs.

Equipment, large and small, is improving rapidly. New electrical contrivances are appearing continually, and much has been done in the matter of proper heights of working surfaces and convenient tables and sinks. There is still room for improvement, however. Why do we use a can opener six inches long, for instance, when any physicist will tell us that by lengthening the handle we get better results with the application of less force? Information available from the other sciences would very likely bring about many more improvements. By adapting the tools exactly to the work to be done, and by training the worker from the start in the proper use and the care of these tools, we shall get better results with less mental fatigue on his part; he will feel that we are an alive and up-to-date organization and he will be proud to belong to us.

In order to keep down labor turnover and make the kitchen run smoothly, we work to develop loyalty in our group. In this many factors are involved. In the first place we try to make our particular institution a good place in which to work, with satisfactory hours, compensation, time for meals, and a feeling that we as a group are congenial. In many large business concerns a booklet is issued to new employees which introduces them to the house itself, not only gives them information about wage and wage increase, bonus group insurance and what the organization hopes to get from its employees in the way of faithful service and coöperation, but also tells them its aims and ideals and the ethics of the organization. This seems worth while, even when only a dozen persons are employed, for its starts them our four-square. The next step is to make a definite outline of work so that there shall be as little misunderstanding as possible. A uniform helps to make the new workers feel that they really form a part of the group; it is a good means of establishing a feeling of kinship of the "we group," standing together. A further help in maintaining morale and esprit de corps is to assign an older member of the group to act as adviser to each newcomer; often the new worker takes the place of some one who was much liked, and the mere fact that he is a successor tends to arouse a feeling of antagonism which a friendly go-between could check.

The workers should as far as possible be considered by the executives in the light of the job they last held, the one they are now on, and their future. It is a good plan to let each worker have an understudy who can relieve in case of emergency and who is next in line for promotion. This keeps the work from becoming monotonous, prevents restlessness, gives a feeling of security, and arouses ambition. For the workers to feel that they are really "getting somewhere" means not only a live and progressive organization but also a united one.

Another important question is that of control. Even where the conditions and spirit of work are excellent, an organization will sometimes function well under one manager and go to pieces under his successor. One can stand off and give orders; one can follow workers around and nag until all concerned are worn out and nervous; or one can influence individuals through suggestion and imitation. Suggestion and imitation are forces whose laws have been studied and formulated by psychologists and which can be applied to produce special results. The prestige of the suggestor is an important factor, and so is his faith in himself. We have all had experiences which prove this; for example, one salesman is so hesitant and questioning when he calls that we come to wonder whether we know what we want; the next is dynamic, enthusiastic about his goods, and we end by buying all or more than we had intended. In order to get a suggestion adopted we must have absolute conviction that it offers the best possible solution of the problem and be so enthusiastic about it that our workers catch the spirit and are carried along in spite of themselves. There are times, however, when indirect suggestion is more valuable than direct, especially in dealing with a superior. Ideas which enter through the subconscious mind in an unobstrusive way, may carry conviction unconsciously and lead to action, although logically there may be no idea of acceptance. Another help to control by suggestion is the so-called crowd psychology, the heightened suggestibility of individuals in a crowd which makes them respond in a manner they themselves hardly understand later. Finally we must remember that suggestion always leads to behavior; sometimes the effect appears at once and sometimes so much later that it is hard to trace cause. Applied to our responsibility as institution managers, these facts mean that by our prestige our workers are influenced, and if we let down in our standards they will copy us, and the morale will be lessened.

The ability to control through suggestion is a necessity. Some rainy morning when the cleaners are extra-busy the potwasher, one of the

most necessary persons in the kitchen, does not appear, and a green man from an employment agency is brought in to take his place. An hour later, the assistant cook goes out in tears because word has come that her son is in the juvenile court. When everyone has calmed down, her understudy, one of the vegetable cleaners, is moved up and the only woman whom the employment agency can send in to work on the vegetables is half blind and will need watching. Just before serving time the pastry cook falls against the oven and is badly burned, and another subordinate must be moved from her regular work to "carry on," while the others double up to take her place. Then the guests begin to come and for some reason we have a record crowd. Obviously the only thing to do is to take a minute to gather the group together and say, "Luck is against us, but let's show that we are not easily downed. It is all up to you. I rely on you to maintain our reputation just as if nothing had happened." They are under an emotional strain, their suggestibility is heightened, and a word leads to immediate and splendid concerted action.

Suggestion brings the desired results with others besides the employees. The Board are never quite sure that new equipment is really needed as long as the old will hold together, and the business manager, who is trying to make a good name for himself, cuts our budget far below our lowest figure. What method of attack can we adopt to get the funds we must have? One director reports that when she approaches her executive with an important proposition she goes armed with a less vital one which she states first, and if his reaction is unfavorable she holds back her important business until later; often she sounds him out three or four times before she risks the larger issue. Another manager tries to time her call at an hour immediately after a particularly good meal, unless of course it is a matter of great urgency, when fear of losing prestige will usually unite them in facing the issue. The method of approach is especially important between persons of different sex. There are a few men with whom a woman may discuss matters on a strictly business basis, but with the majority it is wise to remember their wish for dominance, and not put forward one's opinions as such, but rather to let them work gently in the subconscious mind of the executive and come out as his own ideas. This need not make us feel we are losing prestige if we are successful in gaining the desired result.

There has been a great stride forward along the line of scientific personnel management in institution kitchens, but there are still too many managers who are either conservative or reactionary, who feel

that to maintain their authority they must make their subordinates afraid of them and of losing their jobs. When they learn that this method leads to a high labor turnover, brings disorganization instead of order, and is fatal to esprit de corps, their problems of management will become more interesting, simpler, and less expensive.

WHERE STORE AND COLLEGE MEET—A NEW KIND OF CLOTHING LABORATORY

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One of the chief charms of home economics teaching lies in the possibility for making varied applications. It bears its richest fruitage when the application is carried at least one step beyond the laboratory.

An interesting experiment has been worked out by Mrs. Virginia Cunningham Patty at the University of Washington. The second year for the class in costume design is devoted to trade dressmaking. The students have the usual training—order work, shop management with division of labor and responsibility and emphasis on speed. A relatively small number of these girls, however, enter business. The majority teach in high schools and colleges. Skill in demonstration is therefore as much needed as skill in processes.

It is customary for the large department stores during certain seasons to employ professional demonstrators who show women how to sew. Mrs. Patty saw here an opportunity to enrich the experience of her students by training them in teaching groups of women.

The firm of Frederick and Nelson was very willing to sponsor a series of lessons. They simply loaned their auditorium for the home economics department to use as a laboratory. Four times a week for six weeks the room was filled with customers who were given instruction by seniors from the University.

The group of students who launched this enterprise numbered but seven. None had been trained in public speaking and one only had had experience in teaching. For one month they received intensive training in preparing illustrative material and in demonstrating processes. The girls tried out their speeches before each other and finally held a dress rehearsal at the auditorium.

On registration day, the applicants for the classes poured in so fast that the 100 places provided filled in less than an hour, and more than twice that number were clamoring for places. Disappointment over the closed classes was so great that the store authorities appealed to Mrs. Patty. Since the students could not undertake more work, she agreed to conduct a demonstration once a week, which the public was invited to attend without formal registration.

The original plan called for five lessons, but there was so great a demand for a demonstration of the construction of a paper dress form, that this was added as a sixth, and as an interesting conclusion Mrs. Patty gave an illustrated lecture on the evolution of dress.

As the course covered but six weeks and the women wanted to learn many processes, the instruction on patterns was confined to the use and modification of commercial patterns.

Many devices were developed for illustrating special points. Large charts were made on paper with colored chalk showing the variations possible on standard patterns, for example enlarging or reducing size, turning a waist into a one-piece dress, designing a kimono blouse or dress. The free-hand method of cutting collars, cuffs, sleeves, and circular skirts was illustrated in paper and cambric, marked conspicuously with colored chalk or pencil. Summer dresses of cotton and linen, coats, suits and dresses of wool were shown in different stage of completion. Dress forms were employed to display some of the garments. Occasionally a student teacher wore a garment she had made for herself, to serve as an example of design or to show a method of finishing. The talk about materials which followed the first day's lesson on the use of patterns was illustrated by cloth in the piece as well as in made-up garments.

The attitude of the women toward the student teachers was excellent. Each girl in turn presented a part of the lesson from the stage to the entire audience, so that each gained a variety of experience. After the formal part of each demonstration, the women were divided into seven groups of 14 or 15 each, one girl taking the responsibility for each group during the entire course. She repeated any part of the lesson that seemed necessary and gave individual instruction. Mrs. Patty's rôle was to stay in the background and watch difficulties. Thus the direct instruction was in the hands of the students. Girls who had formerly been afraid to speak out in class forgot themselves in their eagerness to explain how to finish a collar or set in a sleeve or turn a

hem. They felt the responsibility of carrying on and the thrill of doing an original piece of work. Moreover, they enjoyed the contact with the store and the buying public.

CORRELATION OF DEPARTMENTS IN A HEALTH PROGRAM[1]

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How to make the home economics division function to the best advantage in a college program of health education is a problem before many institutions. The exact answer will vary with individual cases, but perhaps the experience at the Iowa State College of Agriculture will be suggestive. By no means all points are yet settled there, but some features of the general outline have begun to stand out.

The first thing necessary was to define the aim of health education; the next was to study the courses and activities in the college and see where correlation could be developed; and the third, to establish a central committee or council to align the various possible contributions.

The aim of our health education is to send out graduates out with standards of health and a knowledge of how to maintain them. This coincides with the aim of our home economics instruction which consists of three interlocking ideas: the maintenance of health for every member of the family, the maintenance of sound economic standards for the family, and the maintenance of fine social relationships between all members of the family. With such an aim the training of teachers of health education becomes subordinated, even in the teacher-training courses, to the more fundamental one of making the students consistent exponents of the applied doctrine of health.

In going over the courses of study to find what possible contributions could be made, it was gratifying to see how many departments were anxious and determined to show how they could play their parts in the health program. This was true between the main divisions of the college as well as between the departments within a division. For example, the Arts and Science Division asked the Home Economics Division if the latter was getting exactly what it needed in the way of

[1] Presented at the Health Education Conference, Cambridge, Massachusetts, June, 1924; printed by courtesy of the American Child Health Association.

subject matter, and then provided for home economics students the background of science best suited to their needs.

In the establishment of a central committee or council we have begun with the women and have asked for representatives from the departments most closely concerned; for example, the dean of women who has close contact with the girls, the head of the physical education department, the head of the hygiene department, the dean of the home economics division, a representative from the biology department, and a representative from the students. Through this council we hope to develop keen appreciation of the need of health education by college authorities and department heads, and promote more actively the work well begun in the home economics division.

We have also brought into line some of the voluntary student bodies. For example, the Women's Guild, the student governing board, has been responsible for promoting most of our health contests and has distributed health cards in the dormitories and interested the girls in filling them in. The Women's Athletic Council has barred the sale of chocolates to the students; it encourages the sale of apples, but no chocolates.

Definite correlations arranged between several departments will indicate the general plan. The physical education department is one of the eight main departments of the home economics division, and the head of this department is a leader in our health work.

The hygiene department plans to examine every new student who comes to college, and will make recommendations for limiting of hours of college work where the student is not in good physical trim. If there are defects which need to be corrected, the student is sent to the physical education department where the individual gymnastics instructor prescribes and supervises her work. If it is a question of overweight or underweight, she is sent to the nutrition department where her diet is prescribed by a member of the home economics staff who serves half time in the hospital.

Cards are sent to the desk of the dean of home economics every few days giving the names of home economics girls who are in the hospital, and their ailment. If it is a case of constipation, we send the card to the nutrition department. If it is foot trouble, the card is sent to the physical education department. The hope is that by thus checking upon our instruction we may make the student more able to apply it in the future.

The psychology department has coöperated by working out correlations between good grades, intelligence tests, and physical fitness.

The public speaking department encourages good posture by its slogan "Stand well in order to speak well." It is furthering health education by its programs for community recreation, for it appreciates the close relation between mental health and adequate social and recreational opportunities, particularly for our rural communities.

The household administration department makes its contribution to the health program through its study of equipment and expenditure of time. No one factor in the home will do more to maintain health of mind and body in the overworked farm woman than to budget time efficiently and decrease physical effort by labor-saving devices.

All of our girls in the clothing department make dress forms. We have discovered that these are very good things, not only because of their usefulness in dressmaking, but because the dress form is a facsimile of the girl and often reveals defects that can be corrected. The physical education department says to the clothing department, "We consider it immoral when you clothe a girl in frills to cover up defects which can be remedied by sending her to us."

These are only a few illustrations of correlation, but they serve to indicate our general plan. As far as our experience has gone it confirms our belief that home economics women will make an important contribution to the program for health education when they bring together all the resources of their institutions for training not only teachers of health education but also disciples of health.

THE INFLUENCE OF THE METHOD OF PREPARATION ON THE DIGESTIBILITY OF CORN MEAL

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It is usually recommended that cereals be very thoroughly cooked before serving, undoubtedly with the idea of increasing the completeness as well as the ease of digestion. Since particularly long periods of cooking are recommended for corn meal, it is desirable to know the effect of the method of preparation on the digestibility of the carbohydrate and protein of corn meal.

Langworthy and Deuel (1) have shown that raw corn starch is completely assimilated by the human being. Langworthy and Merrill (2) also conducted experiments with raw corn meal, finding quite complete digestion of the starch. The report of this work appeared during the

course of the investigations to be described in this paper. M. S. Rose (3), after experiments with human subjects, concluded that rolled oats was a very digestible food, whether cooked a long or short time, differences in method of preparation affecting the apparent utilization of the protein more than the carbohydrate.

In the following experiments, normal young women served as subjects. A simple diet was used, each person receiving daily 255 grams fresh apple, 31 grams dried whole milk, 28 grams cane sugar, 93 grams butter, and 240 grams white corn meal, an amount sufficient to furnish 72 per cent of the total protein and 74 per cent of the total carbohydrate. Baking powder and vanilla extract were also used in some experimental periods. One subject took less butter than the others. The corn meal was prepared in the following ways, each being used for a three-day experimental period:

1. Thin, crusty wafers made of corn meal, baking powder, butter, dried milk, and hot water, baked for 30 minutes at a temperature of 400°F.
2. Mush made by stirring the corn meal into boiling water and cooking for one minute (to prevent lumping), then cooking at 20 pounds pressure for 30 minutes in a pressure cooker to give a thoroughly cooked product.
3. Muffins made of corn meal, baking powder, butter, dried milk, and hot water, baked for 40 minutes at 400°F., giving a product less crusty than the wafers.
4. Mush made by stirring the corn meal into boiling water, then boiling over direct heat for 10 minutes.
5. Frozen pudding made of raw corn meal, dried milk, sugar, melted butter, vanilla extract, and water, the ingredients being mixed, frozen and then eaten at once.

All foods were sampled and feces were collected for each period. The nitrogen of the foods and feces was determined by the Kjeldahl method. Carbohydrate was determined by the Munson and Walker method, and in the case of apple and corn meal it was also determined by difference.

All subjects remained in good health, except that two persons during the wafer period and one during the raw corn meal period complained of discomfort, as though too much had been eaten. The frozen pudding containing raw corn meal was really unpalatable. Mush cooked 10 minutes was not distasteful, but was very inferior in both flavor and texture to the thoroughly cooked mush.

The coefficients of digestibility are shown in table 1.

TABLE 1

Coefficients of digestibility for protein and carbohydrate in diets containing corn meal prepared in various ways

METHOD OF PREPARATION	SUBJECT	COEFFICIENTS OF DIGESTIBILITY	
		Protein	Carbohydrate
		per cent	*per cent*
Wafers	R. C.	78.0	99.3
	E. G.	71.4	99.7
	M. H.	76.3	99.4
	Average	75.2	99.5
Mush cooked in pressure cooker	R. C.	81.9	99.5
	E. G.	73.8	98.9
	M.H.	82.4	99.5
	H. R.	73.7	99.3
	Average	78.0	99.3
Muffins	M. K.	70.3	99.0
	E. G.	75.0	98.8
	M. H.	78.4	98.7
	H. R.	70.1	98.8
	Average	73.5	98.8
Mush cooked 10 minutes	R. C.	79.9	98.9
	E. G.	80.1	99.1
	M. H.	79.7	98.9
	H. R.	76.7	99.2
	Average	79.1	99.0
Raw corn meal	R. C.	82.8	99.5
	M. H.	82.7	99.0
	Average	82.8	99.3
All products	Average	77.7	99.2

In all the periods the digestion of the carbohydrate of the diet was practically complete, the average coefficient being 99.2 per cent with differences between periods too slight to be significant.

The protein of the diet was less completely digested than was the carbohydrate and also presented more variation between the periods. The lowest average coefficients were found when baked products were

used. The differences between the figures from the two mush periods were not large, as one might anticipate. The protein of the raw corn meal appeared to be at least as well digested as any of the other.

The two subjects who served in the experiments with raw corn meal had shown higher coefficients of digestibility in the preuious tests than the other subjects; it is therefore significant to compare their coefficients from the various diets, as is done in table 2.

TABLE 2

Coefficients of digestibility of protein for subjects in R. C. and M. H. in diets containing corn meal prepared in various ways

SUBJECT	COEFFICIENTS OF DIGESTIBILITY				
	Wafers	Mush cooked in pressure cooker	Muffins	Mush cooked 10 minutes	Raw corn meal
	per cent	*per cent*	*per cent*	*per cent*	*per cent*
R. C.	78.0	81.9		79.9	82.8
M. H.	76.3	82.4	78.4	79.7	82.7
Average	77.2	82.2		79.8	82.8

These experiments deal only with the extent of digestion as determined by analysis of feces, and give no measure of the effect which the method of preparation may have upon the ease and rate of digestion, although these are important points for practical application.

Summary. Simple diets in which corn meal furnished 72 per cent of the protein and 74 per cent of the carbohydrate were used in digestion experiments with human subjects, the corn meal being prepared in five ways: thin wafers, muffins, in mush cooked thoroughly in a pressure cooker, mush boiled 10 minutes, and raw as a constituent of a frozen pudding. With all the diets the digestion of the carbohydrate was practically complete, while the digestion of the protein was less complete, about 22 per cent appearing in the feces. In general, the method of preparation of the corn meal had almost no influence on the digestibility of the carbohydrate and very little on that of the protein.

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HELP IN THE USE OF ENGLISH

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A very earnest attempt is being made at Stout Institute to emphasize the importance of correct English to the student, not only while he is still in school but also when he is at work as teacher, parent, or community leader. The procedure followed is to make students conscious of their individual errors and to offer opportunities for special drill. Two devices seem particularly successful.

Whenever grades are made out, the instructors list all students noticeably weak in oral or written English, checking their outstanding errors on mimeographed sheets specially prepared for this work. About twice a semester the facts on these sheets are tabulated, and the students reported by two or more teachers become candidates for special work in spelling, punctuation, grammar, or perhaps in all the special work offered. No student is exempt, and the imminence of this 'hospital help' has already bolstered up those who err from laziness or from the 'I'm-safe-now-because-I've-passed-my-English' attitude. Ignorance is easy to deal with, but indifference and carelessness require stringent measures.

Another device has been worked out to make the student conscious of his errors without taking too much of the teacher's energy or the time of the class. Each teacher has on hand mimeographed sheets on which he may jot down the word incorrectly pronounced or improperly used, and the ungrammatical construction as the student actually employed it. On the lower part of the sheet, space is provided for an explanation of why the form is incorrect and for a special assignment to overcome the difficulty. These sheets are given to the students at the end of the period and are returned by them at the next meeting of the class.

A DIETARY STUDY MADE IN A DAY NURSERY BY THE INDIVIDUAL METHOD

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The dietary study is commonly employed by nutritionists as a means of determining whether individuals or groups are adequately fed, certain accepted standards being used for judging the adequacy of the diets. In the case of groups, the inventory method is most commonly used. The procedure consists in noting the quantities of the individual items of food supplied during a definite period, making allowance for waste to arrive at the quantities actually consumed, computing the food value of these quantities in terms of the more important food ingredients and energy, and finally apportioning this amount among the persons fed. Such a study gives interesting data on average food consumption and for large groups has commonly been considered the only practicable method, but it has certain limitations:

1. The question continually arises as to how nearly individual consumption conforms to the average and what is the range of variations. For example, in Gephart's study of boys at St. Paul's School (1), an excellent illustration of the use of the inventory method, the energy value of the average diet was 5000 calories; how many boys actually obtained 5000 calories, and how many greatly exceeded or fell markedly below this figure?
2. There is no way of knowing definitely just how much of the food was eaten by different types of individuals within the group. The fact that in Gephart's study 100 adults took their meals at the institution complicated the problem, since the portion assigned to them had to be based on commonly accepted standards and might easily have been greater or less than the amount assumed. If it was greater, the children would be credited with having eaten more than was actually the case, and vice versa.
3. Since in any large institution the possibility of food being taken away by miscellaneous help is recognized as an unavoidable evil, this "lugging" may make the amounts calculated higher than those actually consumed.
4. Because of the enormous quantities of waste which accumulate, the total waste must be computed from samples; and this involves another element of uncertainty.

A type of institutional study which eliminates several of the weaknesses of the inventory method is illustrated by one made by Wilder at the Juvenile Detention Home in Chicago (2). Here the children were

grouped according to age and each group was served in a separate dining room. The food consumption in each dining room was directly determined for each meal. All the foods, including the separate ingredients of all cooked dishes, were weighed in the central kitchen before cooking. The cooked products were also weighed and their food value calculated. Separate weighings were made in the kitchen of the portions served to each group of children. The weight of food returned on the serving dishes was deducted from the amount served. Since children in each group were about the same age and there was no adult food consumption, the average obtained by dividing the figures for total food consumed by the number of children served represents more accurately what was really eaten by the children than do the averages obtained by the inventory method. The figures are still averages, however, and we have no record of the individual child.

Studies in which the food consumed by individuals is separately measured have generally been considered impracticable for groups because of the large numbers of weighings required and the difficulty of providing the necessary workers and equipment. A fortunate combination of circumstances, however, made it possible for the Department of Home Economics in the University of Chicago to undertake a study of the food consumed by the individual children in a day nursery.

Studies of food consumption by individual children. In order to learn the individual as distinct from the average food consumption, a study, as yet unpublished, had been made by members of this department of some fifty pre-school children. The workers went into the home of each child, weighed all foods eaten by the child whether during or between meals, and computed the food value of all prepared foods. The amounts actually eaten by each child were thus directly determined. The results were so striking that it seemed desirable to test the method out on an institution group. About this time, the superintendent of a day nursery wished to know if the children in her charge were receiving an adequate diet and invited the department to conduct a study there. The offer was accepted and a week's study was undertaken, the purposes of which were:

1. To determine the possibility of using the individual method of dietary study for a fairly large group.
2. To learn to what extent the average food consumption for a group represents individual consumption.
3. To secure sufficient data to report to the nursery superintendent suggestions and criticisms regarding the diet of the children.

The nursery, which is under the financial administration of the Chicago United Charities, gives home care to children whose mothers go out to work by the day. The children are brought to the nursery in the morning and remain until the mothers call for them at night.

The nationality of the children was almost solidly Italian. The attendance varied with the regularity of the mother's employment. Most of the children included in the study were present for the entire week.

At the time of the study three meals were served daily—breakfast, dinner, and a late afternoon lunch. The children ate in two groups. Because the older children had to leave for school, they were given preference for meal hours. Their breakfast came at 8, dinner at 12, and lunch at 4 o'clock. The younger children, who attended kindergarten in the nursery, had breakfast about 9:30, a lunch of one or two crackers at 11, and dinner at 2:30. Thus the meals for the kindergarten group were crowded into the five hours between 9:30 to 3:30, though the children were at the nursery nearly twice that length of time. For many of these children, as will be shown later, dinner at 2:30 was the last meal of the day.

The findings are based on records of 80 children, their ages ranging from three to fourteen years inclusive, with 48 of school age and 32 of pre-school age.

The application of the individual method was made possible by (a) the extreme simplicity of the meals, (b) the number of trained workers available, (c) the use of Chatillon scales, so constructed that the indicator can be set at zero, thus obviating the necessity for noting and subtracting the weight of all dishes, and (d) the fact that the children were served in two groups and at different hours, thus reducing the number of meals to be weighed at one time.

All ingredients of cooked dishes such as soup, mashed potatoes, and macaroni and cheese were weighed and from these weights and the final weight of the finished product were computed the amounts of protein, fat, carbohydrate, phosphorus, and iron furnished. Each recipe was numbered for reference in calculating individual dietaries.

In order to save time during the serving of the meal, the ready-to-serve foods were weighed in the kitchen in advance. The milk was measured into the children's cups which were tagged with cards. If oleomargarine was served, it was spread on the slices of bread, each of which was then reweighed and the weight of the oleomargarine was recorded on the bread slip. Thus only the cooked foods remained

to be weighed during the meal, and since these never exceeded three in number, the weighing to be done at the table was not excessive.

From the outset it was strongly impressed upon the management that there should be no departure from the usual routine of the nursery, and that the diet should be unchanged in quantity and quality. If any of the help asked how a certain thing was to be done the answer invariably was, "Just as you always do it." Care was taken to have the nursery help cut the bread, spread the sandwiches, portion out the servings of dessert, and pour the milk, so that the portions should be in no way influenced by the observers. In such matters as setting tables, paring potatoes, washing dishes, however, the observers freely offered their services.

Had it not been for the splendid cooperation of the cook, an Italian mother whose children were of the group, it is doubtful if the study would have been practicable. So eager was she to help that she never went ahead with anything, even in such matters as adding water to vegetables or washing cooking utensils, without first consulting those in charge of the study. Her willing spirit and hearty coöperation made the week's work a possible and pleasant undertaking.

The dining room contained five long tables, each seating 8 to 10 children and the teacher who served. At each table an observer, equipped with a pair of Chatillon scales and a supply of paper slips previously prepared for recording the weights of the various foods, sat beside the teacher. The procedure was as follows:

The observer placed the plate on the scales and set the indicator at zero, the teacher served one kind of food, and the observer recorded the weight on a slip which was put on the child's plate. The indicator was again turned to zero, the gravy or other food was added, its weight was read and recorded on another slip, which was also put on the child's plate. When a plate was ready it was given to a child, and the next one was filled in like manner. After the entire table was served, second helpings might be had if they were desired.

In this way every serving of food was weighed and labeled. The children were instructed to keep all their slips in a pile by their plates, and this they conscientiously did. Several observers served as recorders, going to each child in turn and recording the slips, which were at once destroyed. Although the workers were kept very busy both in weighing and recording, it was found entirely possible to secure accurate records for every child, and after the first few times there was little or no delay of the meal.

It is believed that the study affected the amount of food eaten little or none after the first day, on which, because of the novelty of the procedure, the quantities eaten by the older children were probably somewhat larger than usual. Afterwards they ate normally, accepting the weighing as a matter of course. The kindergarten children never paid any attention to the process, save dutifully to keep their slips in careful little piles.

It was a rule of the nursery that nothing be left on the plate. Each child had the opportunity when being served to say how much he wished, but once having taken it he was not excused from the table until he had eaten everything on his plate. Whatever the effect of this ruling on the children may have been from a dietary point of view, it did away with plate waste and thus simplified the work not a little.

As the nursery did not supply an evening meal, an effort was made to learn how the home was supplementing the nursery food. Before or during breakfast each child was questioned as to what he had eaten at home that morning and what he had had for supper the night before. Information regarding the younger children was secured from an older brother or sister, or from the mother herself. The facts thus gained were not used quantitatively but merely as indications supplementing the more accurate data from the weighed diets.

From the daily records, the protein, fat, carbohydrate, calories, calcium, phosphorus, and iron intake of each of the 80 children was calculated for each meal, each day, and the entire week. The significant findings are discussed below.

Varying amounts of foods consumed by individuals at the same meal. In the usual dietary study a fairly uniform distribution of foods among the members of the group is assumed. The fallacy of such an assumption was evident on the first day when it was discovered that the milk was being partially skimmed to furnish cream for the use of the staff. Moreover, the fact that the older children were served first made for an uneven distribution of foods. On the first day, for example, the older children were allowed to drink all the milk they wished with the result that when the younger children came to eat there was less than one cup for each. In order to show variations in amounts of foods eaten at the same meal, ten of the principal foods used were listed in order of the amounts eaten and in order to show whether or not the larger amounts consumed were all among the older children the age of the child was entered after each amount.

TABLE 1

Variations in quantity of milk consumed by individual children at one meal, with ages of children

GRAMS OF MILK	YEARS OF AGE	GRAMS OF MILK	YEARS OF AGE	GRAMS OF MILK	YEARS OF AGE
0	9	320	11	537	K*
175	10	355	10	542	8
180	10	372	5	555	6
192	11	375	4	563	10
206	5	512	9	993	13
210	14	519	8	1041	11
313	7	530	8		

* Kindergarten child; age not recorded.

The milk consumed by individual children at one meal is shown in table 1. It ranged from none to 1041 grams or more than a quart, and the calories supplied ranged from none to 700. If only these extremes were known it might be inferred that they represented special cases, perhaps a sick child and a gourmand, and that the others ran fairly uniform. A study of the list shows, however, that the amounts of milk consumed range all the way between these two extremes, and that only two come within 50 grams of the average, 420 grams. That these variations are not a corollary of age is also evident from the list which shows fully as many children 5, 6, and 8 years old consuming the larger amounts as the older ones, and vice versa. Nor are these variations confined to milk. The bread consumption for one meal ranged from 1 to 99 grams. The average, 40 grams, could scarcely be considered representative since the figures for 18 children were more than 10 grams greater than this and for 22 more than 10 grams less.

The figures for other foods are even more striking. The quantities of cooked rice eaten by individual children at one meal ranged from 15 grams to 658 grams; gravy from 12 to 266 grams; soup from 25 to 624 grams; beans from 96 to 547 grams; spaghetti from 50 to 741 grams; potatoes from 30 to 544 grams; and oatmeal from none to 790 grams, or more than a pound and a half. In no case were the extreme figures from single abnormal cases, but in every instance the figures for other children represent an almost regularly increasing series. Moreover, age is not an adequate explanation for, as in the case of milk, there is no sign of a constant relation between the amount consumed and the age of the child. In fact, in the case of oatmeal, the 790 grams were eaten by an 8-year old child and 38 grams, by a 14-year old one; the others showed no consistent relation between amount and age, though in general larger amounts were eaten by older children.

Variations in the food value of individual diets. In view of the wide variation in the amounts of different foodstuffs eaten by the children it might logically be predicted that the food values of the individual diets would likewise vary considerably. Since milk, for example, was practically the only source of calcium, phosphorus, fat, and the more adequate proteins in the diets, it is to be expected that the amounts of these constituents will vary directly with the milk consumption. Table 2 gives evidence of this fact.

TABLE 2

One day's total calcium intake of individual children, with ages of children

GRAMS OF CALCIUM	YEARS OF AGE	GRAMS OF CALCIUM	YEARS OF AGE	GRAMS OF CALCIUM	YEARS OF AGE
0.03	9	0.40	11	0.67	9
0.15	14	0.40	7	0.69	8
0.24	8	0.45	10	0.69	10
0.24	10	0.46	4	0.71	6
0.26	10	0.47	4	1.25	13
0.26	14	0.65	8	1.29	11
0.40	6	0.67	*		

* Age not recorded.

The range in the calcium intake is thus to be from 0.03 to 1.29 grams per child. The average, 0.51 grams, entirely conceals the fact that practically half the figures are considerably under this amount, one-fourth of them not more than about half as great. To conclude that the children were receiving sufficient calcium because the average figure appeared adequate would be to overlook the markedly low intake of fully one-fourth of the group. The differences were not so extreme on some days as on the one here used for illustration. Figures for phosphorus, fat, and protein might likewise be given to show comparable conditions.

The iron supplied by individual diets may perhaps be best illustrated by the weekly averages for the children in one age group. For the ten 8-year olds these were: 3, 5, 5, 5, 6, 6, 7, 7, 8, and 10 mgm.

It might be thought that the total energy of the diets would run fairly even in spite of the variations in individual foods, and that children eating small amounts of one food might make it up on others and thus their caloric intake be fairly uniform. It is true that in the present study the caloric intake of individuals does not show as striking range as do the quantities of different foods consumed; there is, however, sufficient variation even here to warn against the use of average figures.

to test the adequacy of nutrition of the individuals in a group. Table 3 shows the average number of calories supplied throughout the week by the daily food of the older or school groups. The daily amounts showed a still wider range.

TABLE 3

Average daily caloric intake of 46 children of school age during one week, with ages of children

CALORIES	YEARS OF AGE	CALORIES	YEARS OF AGE	CALORIES	YEARS OF AGE
550	6	984	12	1255	11
570	8	1010	7	1266	8
672	6	1031	14	1268	9
720	9	1047	7	1272	9
781	10	1064	11	1296	14
823	8	1073	*	1307	14
838	8	1075	7	1317	11
854	14	1099	9	1356	11
886	8	1114	6	1362	12
890	8	1123	11	1388	10
903	10	1128	*	1428	10
908	13	1133	*	1428	10
926	8	1142	10	1430	13
934	8	1205	9	1557	8
954	9	1228	10	1570	*
983	10				

* Age not recorded.

The weekly averages of the school group, as is shown in table 3, ranged from 550 to 1570 calories. To a certain degree this is explained by age, for in general the larger amounts were eaten by the older children. Yet this is not entirely the case. The figures for the 8-year olds, for example, are found among the lowest the middle, and the highest, and those for the other ages are scattered fairly evenly throughout the series.

These variations are more apparent if we compare individuals of the same age at different meals and for the entire day. Four kindergarten children of the same age one day ate breakfasts the energy value of which varied from 197 to 591 calories, while the total energy value of the day's meals ranged from 488 to 1058 calories. It was not uncommon to find one child eating more for breakfast than another child of the same age ate during the entire day. The breakfast eaten by one 13-year old provided 1642 calories, while that of a 14-year old provided 220 calories, or hardly one-eighth as much. Though such extremes

were not the rule, they were common enough to lead one to expect a rather uneven distribution among the members of any similar group.

Day-to-day variations in the quantities eaten by the same individual. Contrary to the common assumption of nutritionists that children have fairly fixed dietary habits and that a two-day record gives a fair picture of a child's usual diet, the food intake of these children varied greatly from day to day. For example, 6-year old Tony's daily intake varied from 914 to 1565 calories, 11-year old Emil's from 860 to 1463 calories, and 9-year old Rose's from 853 to 1620 calories. In these cases there appeared to be no dependable indication of the amount eaten by any child, and the assumption that a two-day record gives a good estimate would have been quite misleading. The variation may be partly explained by the children's likes and dislikes; for example, among the Italian children, on the spaghetti days the energy ran higher than on days when less favored foods were provided. The energy intake of course also depended on the caloric value of the food in relation to its bulk; on soup days the weight of food eaten might be as great, but the food value less. It is doubtless true that the children in their own homes might show a more uniform daily intake than did this group.

One could scarcely hope to find more striking evidence that there is no such thing as an average child than is afforded by this study. In this particular instance, at least, the average was in no way a fair representation of food consumption of individuals in the group; nor was it an accurate indication of the adequacy of the diets of any considerable number of the individuals. The average shows merely that this amount of food per individual was available, and guarantees nothing at all concerning its distribution among individuals. Neither did the same individual show a uniform daily food intake, notwithstanding the conventional assumption to this effect. Whether these variations would be as great in institutions where children are given all three meals it is impossible to say.

(*To be continued*)

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EDITORIAL

The Design Contest. The value of an ornamental seal or other special design seems generally admitted by organizations similar to the American Home Economic Association. We are all familiar with the caduceus and its various uses by the medical societies, the triangles of the Y. M. C. A. and the Y. W. C. A., the charming silhouette of the American Child Health Association, the monogram of the National Health Council, and the Pegasus of the American Federation of Arts. At the Buffalo meeting it was suggested that the American Home Economics Association provide itself with a seal or emblem which could be used on the JOURNAL cover, on stationery and programs, and for club pins or badges. This led to the idea of a contest which would enlist the interest of art and home economics students in the Association, and Harriet Goldstein of the University of Minnesota was made chairman of a committee to arrange for one, the prize for which is $50. The details of the plan were announced in the January JOURNAL (page 000), and circulars describing it have been sent to home economics supervisors, heads of departments, and others. Competing drawings will be received by Miss Goldstein between February and April 1, 1925. Readers of the JOURNAL are urged to interest their artistic friends in the matter, not only for the sake of bringing in a goodly number of designs, but also to make as many people as possible interested in the Association and what it stands for. The design we should all like to see would combine good technique and real artistic merit with the underlying idea of home economics—the application of science to the improvement of the home.

Constantinople, Tirana and Jerusalem. That the American Home Economics Association made a strategic move when it provided funds to pay three years' salary to a professor of home economics at Constantinople College for Women has been clear from the interest that Mrs. Norton aroused and Miss Murphy has developed both in the college and elsewhere in the Near East. The experiment has proved so eminently successful in Constantinople that the college wishes it continued after the three years are up—a wish which the Association will share,

even if it means dipping into our pocketbooks a bit. The Association will also share the regret of the college that Miss Murphy is leaving at the close of the year (see page 122) and the JOURNAL will miss the breezy, enthusiastic reports of her doings.

Miss Jenkins article on page 95 gives a striking illustration of the influence of Constantinople College in southeastern Europe, and also of the fact that time is ripe for the introduction of home economics there. Miss Jenkins knows whereof she speaks because she was formerly on the faculty at Constantinople and is still in close touch with that part of the world. By a curious coincidence the day when the article went to the printer we received a copy of a letter from Kyrias Collegiate asking if there was any way of obtaining recent books on nutrition for its library, and also dietaries from boarding schools for girls from 12 to 20 years of age. A word to the wise is sufficient.

The International Committee is very sagaciously developing the interest of student clubs in the foreign connections of the Association. Several have already made contributions to the library or the equipment of the department at Constantinople, thereby serving the double purpose of helping the institution and developing their own international mindedness—an important quality if the world is to stay at peace in these days of close contact and economic rivalry between alien peoples. The JOURNAL was delighted to learn that one club has presented the magazine for a year to the library of the new University of Jerusalem, not so much because of the addition to the subscription list or the chance of becoming known to the people in Palestine, as because the girls who raised the money are now more likely to think of Jerusalem as a place where people are interested in the same things as ourselves.

Dry-Cleaning Investigations at The Harvard School of Public Health. Readers of Dr. Jackson's article on dry cleaning in the JOURNAL for December, 1924 (see pages 673 and 703) will remember what he said as to there being dry-cleaners and dry-cleaners, and will be interested in an article in the *Journal of Industrial Hygiene* for October, 1924, "A Survey of Dry-Cleansing Methods in the Vicinity of Boston, Massachusetts," by W. J. Connell, R. W. Lamson, and Philip Drinker of the Harvard School for Public Health. The opening paragraphs read:

> In metropolitan communities such as Boston, there are always a number of firms conducting dry-cleansing and dyeing establishments. Usually the oldest

and best-known houses enjoy a well-deserved reputation of doing good work. Furthermore, the well-known firms usually cater to retail rather than wholesale customers. Another group, less known to the public, but of equal importance, conducts its business mainly on a wholesale or contract basis. In the latter case, prices are lower than those charged by the retail houses.

It was stated to the writers by persons in a position to know the facts that the general standards in the cleansing business were extremely low that in many establishments the cleansing was done inefficiently and under conditions of filth of which the public has little conception. It was claimed that these improper conditions were unfair to the public and that they constituted a possible menace to public health.

As the result of conferences between Dr. Parmenter, of the Harvard School of Public Health, and representatives of the New England Association of Dyers and Cleaners, the Consumer's League of Massachusetts, and the American Laundry Machinery Company, it was decided that a survey of conditions in the Boston district would be undertaken by the Harvard School of Public Health. This paper is taken in large part from our report of the survey.

The objects of this investigation were: (1) to survey existing conditions in representative plants using various processes; (2) to point out improper conditions and inefficient cleansing processes and to suggest methods for their improvement; (3) to determine standards of cleanliness, particularly of the solvents used; (4) to study the sorting, handling, receiving and shipping of garments; (5) to study ventilation from the standpoints of health and fire risks; and (6) to find out whether or not dry cleansers' solvents, the drying process, and the pressing of finished garments have bactericidal effects.

The report summarizes the dry-cleansing processes observed and gives an interesting account of the 'batch' and 'continuous' methods, and the provisions—or lack of provisions—for purifying and renewing the cleaning solvent. The conclusion is drawn that "it is easily possible for cleaners to become lax in carrying out the various steps of the process when they wish to turn out the maximum quantity of goods in the minimum time and with the use of the minimum amount of solvent," and that some standards of cleanliness should be adopted. Practical field tests for the cleanliness of solvents were worked out and suggested.

The Bactericidal Effect of Dry-Cleaning. Careful laboratory tests on this point, reported by Connell, Lamson, and Drinker in the article just referred to, did not lead to the same results as those reported by Jackson (*American Journal of Public Health*, 1922; page 507), and the Gradwohl Laboratories (*National Association of Dyers and Cleaners*

Review, May, 1923, page 33), nor were they in accord with a statement more recently issued by the New York Board of Health (*ibid*, March, 1924, page 8). This part of the work is summarized as follows:

Exposure for a twenty-minute or a forty-five minute period to an ordinary dry cleansing mixture was not sufficient to destroy completely any of the several representative types of organisms. Subsequent drying of the inoculated cloth at 140°F. and at 160°F., for ten minutes likewise failed to destroy the organisms, as did also the addition of five times the usual concentration of soap solution to the cleansing fluid under identical conditions of processing and drying.

Exposure of anthrax bacilli and staphylococci to live steam in a pressing machine, for the time commonly used in pressing trousers, did not kill these organisms.

It would seem that the dry-cleansing process as carried out in the better operated plants does undoubtedly remove mechanically many bacteria from the garments treated. While it would be very desirable from an esthetic standpoint, at least, to kill all the bacteria in the garments which are dry-cleansed, the failure to do this has not, so far as we are aware, proved to be a serious menace to public health.

Iodine and Goiter. Since the connection between simple goiter and iodine deficiency of the diet has been generally recognized, there has been much discussion, especially in the so-called goiter belt, of the desirability of introducing iodine into the diet and ways in which this can most effectively be done. The committee on nutrition problems of the American Public Health Association undertook a study of the question and their report was presented by the chairman, Dr. H. C. Sherman, at the October meeting of the Association and printed in the December issue of the *American Journal of Public Health.*

An abstract of the report prepared by Dr. Sherman at the time of the meeting states the main facts so clearly and succinctly that we give it for the benefit of home economists.

Iodine is one of the essential chemical elements of the human body, although it constitutes only about one part in three million parts of the body weight. Sea salt, and therefore the spray which evaporates in the air at the seashore, is relatively rich in iodine; and as this sea-salt dust is carried inland by the wind it gives iodine to the rain-water, the soil water, the soils, and the crops of nearby regions. But regions which, because of too great distances or because of intervening mountains, receive practically none of the air-borne sea-spray may contain in their waters and in the crops grown on their soils too little

iodine to meet the needs of normal nutrition. The people who grow up in such regions show a high proportion of simple goiter, which is an enlargement of the thyroid gland resulting from its being obliged to function without an adequate iodine supply. The small amount of iodine needed to prevent goiter can be supplied by adding sodium or potassium iodide to the drinking water or the table salt, by incorporating this or some other form of iodine compound into tablets with food or confectionery, or by consuming in or with one's food a small amount of any of the sea plants which have been found to be rich in iodine. With increasing knowledge of the iodine contents of food it may also become possible to increase materially the daily intake of iodine by proper selection and emphasis among ordinary articles of food.

How to provide for the necessary intake of iodine is discussed in the report. A question was asked from the floor as to the danger of iodine administration, especially to young girls; the replies indicated that in the opinion of the committee there was no reason to fear any bad effect when iodides are used in the small proportions recommended.

Korean Diets. Since Dr. Adolph's article on North China Diets went to press, (JOURNAL, January, page 1) a reprint has been received of one by Dr. J. D. Van Buskirk, "The Composition of Typical Korean Diets"[1] which is interesting as showing conditions in the neighboring country. It tabulates the facts obtained from 79 dietary records representing a month's food for Koreans of various occupations, and describes characteristic Korean dishes, several of them similar to those by Miss Grimes (JOURNAL, January, 1925, page 36). Dr. Van Buskirk summarizes his findings as follows:

The average caloric value of the diets for men was 2768 calories, and for women 2380. This seems quite sufficient for people of their size according to the recognized standards. The farmers and laborers consumed an average of 3213 calories, the coffee-workers had only 2180 calories, while the rest were near the average. A few of the diets were clearly deficient, one woman reported only 876 calories a day, two nurses reported 1463 and 1759 calories; three men reported under 1500 calories a day. But the showing as a whole is good in this respect.

The rice is not usually polished and they take plenty of fresh foods, hence beriberi and scurvy are rare diseases in Korea. It has seemed that there was a probable deficiency in the fat-soluble "vitamin A." I have attempted to estimate the relative amount of this vitamin in these diets. There are a good

[1] Article No. 26, Research Dept., Severance Union Medical College, Seoul. Reprinted from the *Japan Medical World*, 1924, 4: No. 6.

many that seem unquestionably to be deficient in this regard, most of them seem to be doubtful, and some are probably sufficient. This vitamin is furnished by the greens and omelets for the most part, leafy vegetables in soups furnish some more. It needs investigation as to the presence and amount of vitamin A in their "kimchi," this is to be undertaken along with further studies as to the nutritive value of their diet. The absence of all milk products is particularly noticeable.

Glasses Fitted by Mail. To a person who understands at all what is involved in fitting glasses to correct the defects in an individual's eyes, it seems incredible that any firm should advertise to provide by mail glasses which will produce perfect vision, or that the reader of such an offer would not recognize its impossibility and also its serious dangers. Nevertheless such advertisements are still occasionally seen in reputable papers. It is a satisfaction to know that the National Vigilance Committee of the Advertising Clubs of the World has issued a bulletin in protest against such claims, and that if a copy of one of these advertisements is sent the Eyesight Conservation Council of America, Times Building, New York City, that organization will take the matter up with the publishers of the paper in which the statement appeared.

Corrections. Readers are requested to note the following corrections in the January JOURNAL: In the article, "Economic Problems of Women Teachers", page 14, line 23, "never" should read "more"; and in line 27, "not" should be inserted between "could" and "be determined". On page 40, line 10, under "Committee on Educational Essentials", "only" should be inserted between "not" and "be".

OPEN FORUM

The Beginning of Home Economics in Albania. In Tirana, the little new capital of newly independent Albania, there is little school, the first school for Albanian girls in their own language. Its history is one of romance and heroism, lasting over a quarter century. It is called the Kyrias Collegiate, and is administered by two women named Kyrias, who have suffered untold dangers and hardships in their effort to help their countrywomen. Both sisters are graduates of Constantinople College, and there received their ideals. The members of the American Home Economics Association may remember with pride that they are maintaining a professor of home economics in that American college. This little daughter of Constantinople College is much smaller and poorer, but very great in promise. The students, Mohammedan and Christian, are the best young womanhood of this interesting but primitive nation, and hold in their hands much of the future of the race. It is theirs to stem the tide of vice and weakness that inevitably accompanies the entry of so-called civilization into this mountain land.

The Kyrias sisters are armed with fine education, great patriotism, splendid and forceful character, but their equipment is almost amusingly slight. A rented house, as clean as dirt floors permit, only charcoal braziers for heat; a bathroom and a tub but, alas, no pipes, no running water anywhere, and all the water to be carried some distance; a room for needlework but no sewing machine; good playgrounds but no apparatus; a room set aside for a library but few books. Little exists but hope and courage. Miss Kyrias writes of their plans:

> In connection with the domestic department, we are planning:
>
> 1. To inaugurate a course of monthly lectures on domestic science.
> 2. To found a woman's society to encourage the promotion of home industry and the wearing of the national costume. Also to organize a yearly exhibition of the products of the women's home industry.

If any person or group desires to befriend a most promising little school that is bound to exert a deep influence on this growing country, here is a chance for any kind of helpfulness. Professor Cora Winchell of Teachers College, Columbia University, has promised that one of

her classes shall work out a suitable plan for the development of a home economics course in the Kyrias Collegiate. A class of Professor Andrews, also in Teachers Collge, has proposed to send a gift of books to the empty library, as the girls are taught English, and some one else offered some sport equipment. If any home economics teacher of independent means wanted to do a splendid piece of organizing for a year or two at her own expense, nowhere could there be a finer opportunity. Or would some school or college like to adopt the Kyrias Collegiate as a "sister school?"

HESTER D. JENKINS,
New York City.

Leaders Training Camps for Rural Women. Three or four days of vacation, recreation, and inspiration is what the leaders training camps have meant to the rural women of Montana during the past three summers. Although this project has been under the direct supervision of the State Home Demonstration Leader, the responsibility for local arrangements has been assumed by county home demonstration agents and local agricultural and club agents.

For the most part, the regular extension specialists have handled the program with the coöperation of various departments of the State College and the State Board of Health. Local people have helped with entertainment. Some splendid help has been obtained from outside the state, including such persons as Dr. Caroline Hedger of the Elizabeth McCormick Memorial Fund of Chicago and Miss Madge Reese of the United States Department of Agriculture.

The programs have been informational as well as recreational and have been based mainly on regular home demonstration projects—health, nutrition, clothing, home management, and recreation. The demonstrations and talks by specialists have been supplemented by such mimeographed or printed materials as would be needed by the leaders when they passed on this information in their respective communities.

Two or more delegates per community are chosen to attend the camps and their expenses are paid either partly or wholly by the community. Five dollars a delegate has provided sufficient funds for camp maintenance each year.

A special effort has been made to have well-planned meals and comfortable beds. The method of housing and feeding delegates has varied. In some instances where the meetings have been held in county high-school buildings the delegates have been cared for in the urban

homes, which in itself has been a treat to many and has made for a better mutual understanding and interest on the part of both urban and rural women. Such organizations as ladies' aid societies, women's clubs, branches of the American Association of University Women, and chambers of commerce have coöperated by serving meals, providing transportation, entertainment, or flowers. In two instances regular summer resorts in the mountains were obtained as camp sites. It is needless to say that accommodations of this sort added much to the success of the camp.

Better understanding of community organization and leadership is given special attention. The delegates are divided into groups or squads, leaders are chosen, and friendly rivalry in such community activities as games and singing is fostered, with the result that initiative, self-confidence, and a lot of good fun are stimulated and maintained throughout the camp period.

How much inspiration and help these camps have given Montana women to think about and to look forward to during the long winter months is shown by the following extracts from letters written by the women themselves:

First of all, it means relaxation from daily duties, and time to think of the community problems with a rested mind. It also means that I am privileged to use myself as a human storehouse of knowledge of some of the things that make life more worth while to all mothers. I shall be able to give out that knowledge to the mothers of my community who are trying to bring life and happiness to the world. I believe the mothers' camp to be a wonderful organization for the betterment of all the homes it reaches.

The greatest importance of the mothers' camps is the teaching of modern methods of housekeeping and also the care of our children. I really believe the health talks are of the most importance, because of the great inconvenience of getting a doctor way out in the country. A mother can never get too much knowledge on the care of her child's health.

One way the mothers' camps helps the mother that attends, is a change from the everyday grind of home life. When we get home we can get at our work with more pep and cheerfulness, than we would if we did not get a vacation. We delegates pass on all we learned so that it helps everybody in our community.

Blanche L. Lee,
State Home Demonstration Leader, Montana.

Home Economics in Social Work. The household economics section of the National Conference of Social Work at its meeting in Washington in 1923 undertook to study the extent to which home economics work is being done in the family case work organizations throughout the country, the purpose being to establish standards of work for home economists connected with such agencies. The results of this study were reported at the Toronto conference in June, 1924.

Questionnaires were sent to the 217 societies in the United States and Canada belonging to the American Association for Organizing Family Social Work and to 4 non-member societies. Of these, 123 were returned giving the desired information.

The replies show that in 56 societies no home economics work was being done, nor was any done under other auspices in their cities. Fifty-four organizations reported that they employed 49 home economists; in 22 cities other societies, such as visiting housekeeping organizations, community health associations, nutrition clinics, and visiting nurse associations, carry on some phase of the work; 28 organizations reported that they are very much interested in the home economics work, and of this number 10 are planning soon to employ a home economist.

The reports of the organizations which already employ home economists were studied in detail and with reference to the number of workers on the staff. Tables 1 and 2 are self-explanatory.

TABLE 1

Number, training and salary of home economists employed by organizations of various sizes

	NUMBER OF PERSONS ON STAFF		
	1 to 10	10 to 24	25 or more
Organizations employing home economists	13	4	13
Number of home economists in each	1 to 2	1	1 to 9
Total number home economists employed	15	4	30
Home Economists with training in case work	13	3	27
Length of time employed	4 months to 8 years	2 to 4 years	4 months to 18 years
Salaries actually paid	$720 to $1600	$1200 to $1600	$1000 to $2900
Salaries planned for	$1200 to $2500	$1200 to $1800	$1200 to $3000
Organizations expecting to employ more home economists	1	1	7
Other organizations in city doing home economics work	5	1	7

TABLE 2

Kind of work done by home economists in family case work organizations

KINDS OF WORK	NUMBER OF PERSONS ON STAFF		
	1 to 10	10 to 25	25 or more
Home instruction	10	4	12
Supervision of staff members	7	3	18
Community work	9	3	11
Supervision of families	4 to 57	45 to 51	15 to 50
Home economics committee work	5	0	3

Many different kinds of community work are being done, such as conducting cooking, sewing, and health classes, making speeches, preparing pamphlets, budget books, and exhibits as well as consulting with other organizations.

RUTH E. HEINIGER,
Cleveland Associated Charities.

A Family Conference.[1] When young son, aged fifteen, came home from his first dance and woke up next morning to the light of common day he remarked, "Why don't we have an automobile, more parties, and a gayer life?" As this mood continued for several weeks and furnished the background of all his questioning, it led to a fresh interpretation of the family ideals and, incident to that, a review of the family expenditure. The costs of rent, taxes, upkeep, food, service, clothing, education, recreation, insurance, annuity, and income taxes were explained in turn. Percentages became very real things, and when the family problem was pretty well understood the sum spent for each child was tabulated. The young folks were amazed at the amount necessary for the essentials of living, and were proud to have their part in a discussion of the family budget.

The young dancer found out that his carelessness in breaking down two pockets in his coat by the weight of his books had made necessary all too soon the purchase of a new one, this adding 4 per cent to the clothing item. His older brother proved to him that during eight months of school he wasted in trifles enough to buy himself a new bicycle every summer. After a long talk on taste and appetite, it was agreed that each was willing to coöperate toward a 10 per cent reduction in food, the sum thus saved to go toward summer vacation. There was a complaint

[1] From Alumnæ Housekeepers Conference, Teachers College, Columbia University.

by one that too much was now spent on music and not enough on theater entertainment. A little study revealed the fact that this member spent each month on movies enough to buy three theater tickets and thus satisfy his desire.

A systematic method of saving from each month's allowance was evolved and the older boy, twenty, decided he wanted to take out an insurance policy, the premium to be paid by him and his father jointly at first and assumed by him at the earliest opportunity.

If children learn best by doing, why not let them become acquainted early with one of the great problems of economics by taking their share in planning the expenditure of the family income? The parents may then be spared the humiliation of the woman to whom her young, recently-married daughter said, "Mother, don't you think a good way to save money is to buy a diamond on the installment plan?"

M. L. F.

Broadcasting Home Economics. The Kansas State Agricultural College, as one of the land-grant colleges in the United States, has occupied a somewhat peculiar position not only in respect to what it must give the students who meet within its walls, but also as to what it can give outside of those walls. It seems that never has it fulfilled its function more vitally than it is now doing through its radio extension courses. These courses, under the direction of the extension division of the college, were first given in the spring of 1924, being relayed through a nearby station because the college had no broadcasting station of its own. For the college year of 1924–1925 a rather inclusive program was planned, including forty lecture courses in which the subject matter of the regular college courses is to be applied to the practical problems of the homes, the farms, and the business of the state. December 1, 1924, a new station on the campus began broadcasting these lectures on a wave length of 341 meters.

The catalogue issued by the extension division describes in detail the lectures offered in agriculture, in engineering, in home economics, and in general science. In this brief account only those relating to home economics will be discussed. The first series of lectures, given on certain evenings for a term of eight weeks, had to do with the distinctly personal element in clothing, relating both the design and the selection to the individual wearer. The second series, extending from November 1 to January 1, considered fabrics, their characteristics and

wearing qualities as to both weave and dye, and their suitability to a given purpose, just as such questions might arise in the homemaker's mind. The applied art department supplied lectures that treat of such subjects as the finishing and care of floors and woodwork, the equipment needed in the home, and decoration that shall distinguish between what is appropriate and beautiful and that which is not. Methods of housekeeping and the many problems bound up in the management of the home are the subject of a fifth series. There are talks by a graduate nurse upon home nursing giving practical help for maintaining health and for the intelligent care of illness in the home. Other lectures consider foods, discussing the qualities and advantages of specific foods and also their effect in the nutrition of both adults and children.

Anyone may listen to these lectures. Those sufficiently interested may enroll as students in the extension division of the Kansas State Agricultural College by filling in a blank supplied by the college. Enrollment is free to residents of Kansas, and a nominal fee of fifty cents a subject is charged to others. Each person enrolled may take an examination in the designated course and receive a certificate if he passes. Printed copies of the lectures are mailed to all who are enrolled, whether within the state of Kansas or outside. Last year 460 women were enrolled in four home economics courses of ten weeks each, with 240 completing the work. This year 550 have enrolled, and letters signifying interest and appreciation are continually being received. These women represent a fair cross-section of normal American life and to reach them in this direct way is potent with possibilities. Truly the end is not yet.

Margaret Ahlborn,
Kansas State Agricultural College.

WORK OF THE ASSOCIATION

THE HOMEMAKERS SECTION

It is gratifying to those homemakers who for some years have been interested, through one channel or another, in professional home economics to find that they, as homemakers, now have a definite place in the American Home Economics Association. At the meeting held at Buffalo this past summer, the Homemakers Committee was made a section of the Association with full rights and privileges, because both the homemakers and the Association felt the need for a closer relationship.

The homemaker needed a section devoted to her interests as a means of keeping in closer touch with the Association and the work it represents. It seemed unfortunate that the women whose training and professional interest had been in the field of home economics should not be continuing that interest when their home economics work was merely diverted into another part of the field—a part in which the Association is most fundamentally interested. The Homemakers Section gives more definite opportunity and incentive for maintaining a close connection with the American Home Economics Association and keeping its members in touch with progress in home economics.

The Association needed the more direct touch with professionally trained women now in their own homes, both in order that their experiences and point of view might be available for the interests of the Association, and also to secure their support. With a section thus doubly devoted to the interests of homemakers it would seem that the future holds much interesting opportunity for work.

The work of the Section this year consists in an effort to put the program of work adopted at the Buffalo meeting into effect. The Section is working through the state associations as far as possible, believing that to interest homemakers in the state association will help to interest them in the national one. It is hoped that each state will have a homemakers committee appointed even if the size or organization does not warrant a homemakers section. Certainly, there should be in each state some group whose special interest is to promote closer relations between homemakers and the association. The Section is also emphasizing the necessity of keeping track of the trained home economists who become homemakers. It is comparatively easy to locate the teacher, the dietitian, or the extension worker, but to find the home economist who has turned homemaker is often like locating the proverbial needle in a haystack. We know that there are many of them and that their number is increasing each year, but the state associations cannot expect to secure their interest and help unless some effort is made to locate them.

These are the points in the program of work which it would seem that every state could take up. If, added to this, each state does what it can to foster the other projects in the program, the Homemakers Section will have made definite progress by the end of the year. One of the large responsibilities of the Homemakers Section is to assist in planning the homemakers program for the annual meeting. It is hoped that eventually there will be a considerable number of homemakers who will be interested in presenting before the Homemakers Section reports of projects on which they are engaged. It will be of interest to homemakers to know that at the 1925 meeting in San Francisco, the Committee on Social and Economic Research will report a part of its work through the Homemakers Section. All homemakers who are interested in the work being done in these fields will be anxious to hear from this committee.

The slogan for the Homemakers Section for this year is "At least one homemaker from each state at the California meeting." Help your state to be represented.

MILDRED WEIGLEY WOOD,
Chairman.

BOOKS AND PERIODICALS

The Education of the Consumer. By HENRY HARAP. New York: The Macmillan Company, 1924, pp. 360. $2.00.

The avowed purpose of this book is to "discover the objectives of education for American economic life with special reference to the consumption of food, clothing and shelter." The procedure followed to accomplish this aim is based upon the assumption that "it is sounder to frame school policy on the best obtainable evidence than on opinion." The author accordingly proceeds to gather the "evidence which shows what the present habits of consumption of the American people actually are, and to compare these habits with standards of good living which have scientific support, such as the daily food requirements, or with standards which are widely accepted although they have not yet been scientifically demonstrated."

In order to give us a detailed description of the actual habits of living of the people of this country to-day, the author has brought together a vast amount of data, most of which were hitherto scattered, fragmentary, and unrelated. He has used the data gathered by direct survey of the consumption habits of various groups and communities, such as the study of 12,000 working class families in 1918–1919 by the United States Bureau of Labor Statistics. But he has supplemented these studies with data in regard to the annual output of consumable goods from the appropriate government reports and from studies of special industries by various agencies. Over against this body of information concerning the actual consumption of food, clothing, fuel, and shelter the author has placed various approved standards of practice. The results of this comparison will, it is believed, surprise many readers who have never before attempted to check the two with any exactitude.

The reviewer can not conceive of any thoughtful student of home economics to-day who would not find this study most suggestive and thought-provoking. It treats such fundamental problems of home economics, as food, clothing, shelter, and equipment not as isolated family problems, but as broad national problems to be approached with that point of view by the teacher and the administrator. Even without the formal statement of teaching objectives which follows every section, the evidence presented is bound to give a new sense of the breadth of home economics and the task of those who would see good standards of living in effect in every home.

The special value of this study to those in the field of home economics lies in its emphasis upon problems which, it is believed, they have hitherto somewhat neglected. They have worked unremittingly in formulating proper standards in each department of consumption, but they have rarely compared these standards with actual conditions, or raised questions in regard to their practical attainability in the majority of homes. The comparison between the actual and the approved standards made in this study shows some of the new problems that home economics must face. For example, the author shows that although the proper standards of food consumption can presumably be attained by a wide range of income groups, using the percentage of the income usually assigned for this purpose, yet for proper housing it is a problem of wage standards and production as well as 'right attitude' and informed desires. The same thing is true of house furnishings and clothing, with the problem still further complicated by the difficulties of evaluating what is offered for sale, and of detecting untruthful or misleading statements about goods.

In spite of the labor that has obviously

gone into the making of this book the reader could wish from time to time for improvement in diction or greater clarity in statement. For example, we are told (page 56) that "The cost of credit and delivery service in well-to-do neighborhoods was 4.1 per cent and in poor neighborhoods 2.5 per cent," but we do not know the base used in calculating these percentages. And the statement of one of the objectives in teaching the consumption of vegetables (page 39) reads: "To give the vegetables their proper places in the thinking and habits of the food plan of the people of our nation." Furthermore, not every reader will agree with all the detailed teaching objectives, laid down some of them, perhaps, too dogmatically. But the fundamental value of the book remains in its suggestion of problems and procedure, and in its tacit invitation to other students to make similar investigations along lines not included in the scope of its survey and to supplement and revise its data as new sources of information appear.

HAZEL KYRK,
Iowa State College.

Bell Recipe File. By VIOLA MARIE BELL. Ames, Iowa: 1924, recipes 249. $2.25.

Many cookbooks contain recipes that one never has occasion to use or that are simply elaborations of a few fundamental ones. Bound under one cover, they are seemingly stored against the day of need, and necessitate much handling and rehandling. Students have found this extra material wasteful of time. Notebooks have not solved the need; they are cumbersome, and, left in students' closets, they betray their unimportance to the owner. The problem of a scientific and practical substitute has been a topic of long discussion, and Miss Bell's file offers a possible solution. Many classes and teachers used the recipes in the original stenciled form, and gave constructive criticism of them and of the organization of the collection.

Miss Bell has revised her file of last year, giving recipes which are practical, simple, well-organized, and scientifically accurate. The number of servings provided by each recipe has been added, also the temperature of cooking. The variations suggested in each save much useless repetition and suggest that a fundamental recipe is a basic tool. Here is material which can be used continuously in marketing studies, in nutrition and meal planning classes, and in the home management house. It is a tool which the student may use in all the varying needs of her four years. Because she is used to it, it will enable her to do more effective work.

The back of each card, which is blank, provides a place for the recording of any additional material, for example, a description of the standard product and the principles of cookery involved.

The instructor will welcome the recipe file because it emphasizes principles and does away with the copying of recipes. Since its plan is so simple, it will not mean any extra mental gymnastics on the part of the student. She should realize its helpfulness and carry it with her to her own laboratory, whether in a school or her own home.

FLORENCE E. BUSSE,
Iowa State College.

The Child: His Nature and Needs. A Survey of the Present-Day Knowledge Concerning Child Nature and the Promotion of the Well-Being and Education of the Young. Prepared under the editorial supervision of M. V. O'SHEA, Valparaiso, Indiana: The Children's Foundation, 1924, pp. 516. $1.00.

The Children's Foundation is a recently established organization which "has for its object the study of the Child and the dissemination of knowledge promotive of the well being of children." Among its proposed activities is the publication of books which will make available to those practically concerned with child welfare the authoritative information which is rapidly accumulating on the subject but which is too inaccessible or too technical for their use. The present volume is the first of a proposed series.

Such interpretation of technical findings for general use is always a difficult matter. A book to be read and acted upon most effectively must be popular in its form and read directly by the general public, or must be truly scientific and read and studied by students, in order that later its knowledge may be disseminated by them. If it tries to do both it is likely to bring to mind the story of the Irish maid who received from her mistress a gift, doubtless attractive and useful, which led her to express her gratitude in the words "Ain't it convenient? What is it for?"

The chief criticism to be made against the present volume is that it seems more convenient than useful. Men and women of national reputation in their particular lines have written the chapters which make up the three parts of the book, one on our knowledge of child nature, one on our knowledge of child well being, and one on our knowledge of education; and when men or women, who know whereof they speak give us their knowledge, it is well for us to give heed. There are many chapters in the book which are full of meat and which could be read with great profit. But has it seemed possible to the writers to deal adequately with their subjects?

It is true, the book in spite of its five hundred pages, is but a survey, and as such can only present in condensed form the results of a careful looking over of a situation. But what is a survey for? Is it not made in the hope that something will be done about the conditions found? And if something is to be done, the public must be made aware of the survey. Is the present one not too condensed to be popular with the general public, and too general to interest the thoroughly scientific student?

In spite of this shortcoming, the volume is too full of good material to pass unnoticed; it does bring together in one book valuable presentations of various phases of the problems of childhood. We understand that it is already proving useful and stimulating to study groups interested in these problems; merely as a guide to the available technical information such students would find it worth the nominal price at which the Foundation sells it; and it will have justified its existence if it leads those who are in earnest to go directly to the other works of these various authors where they will get the information in less tabloid form.

WINIFRED RAND,
Merrill-Palmer School, Detroit.

BOOKS RECEIVED

Marine Products of Commerce. By DONALD K. TRESSLER. New York: The Chemical Catalog Co., 1923, pp. 762. $9.00.

A compendium, by a member of the staff of the U. S. Bureau of Fisheries, of the available information regarding the acquisition, handling, and biological aspects of marine products, and the science and technology of their preparation and preservation; prepared in collaboration with specialists; deals especially with American conditions, though including data from other countries; includes sea salt, and pearls, coral, whales, seals, sponges, and other non-edible products, also a discussion of the chief problems of the fishery industries, statistics of production, and bibliographies; brings together material hitherto available largely in pamphlets; valuable for reference in the study of food products.

American Homes of To-Day. Their Architectural Styles, Their Environments, Their Characteristics. By AUGUSTA OWEN PATTERSON. New York: Macmillan Company, 1924, pp. 401. $15.00.

A handsome volume by the editor of *Town and Country;* traces briefly the historical development of domestic architecture in the United States up to the present period, indicating the adaptation to American conditions of derivations from England, France, Italy, and other Mediterranean countries; includes chapters on garden, farm groups and incidental buildings, the city house, and the decorative room; based almost wholly

on examples of costly houses and therefore of less practical helpfulness to the person of moderate means, though of value as showing the developments of American taste in architecture and interior decoration and the accomplishments of individual architects; profusely and beautifully illustrated.

The Decoration and Furnishing of Houses. Study Material in Loose Leaf Form. By RUTH ROBINSON TREGANZA. New York: Bureau of Publications, Teachers College, Columbia University, 1924, 24 plates in cardboard folder 15 by 18 inches, with 14-page unbound manual. $2.50.

Plates giving informal sketches, sometimes with brief accompanying text, to illustrate such topics as developments of architectural structure, good use of line, dark and light, and color in design, good proportions in arrangement of rooms, historical development of different styles of architecture, decoration, and furniture; also floor plans, elevations and furnishings for houses and rooms of common American types. The accompanying manual outlines the purpose of each plate, gives tabulated scheme for furnishing a five-room house, and includes a brief list of moderate-priced books on architecture, ornament, and furnishing.

Smallpox and Vaccination. By BENJAMIN WHITE, PH.D. Cambridge, Massachusetts: Harvard University Press, 1924, pp. 90. $1.00.

The thirteenth in the well-known series of Harvard Health Talks based on public lectures delivered at the Harvard Medical School and intended to provide modern, authoritative information on medical subjects of general interest; includes a description of the disease, its history, and methods of control, with special reference to vaccination and its efficacy; well printed and bound.

The New Hygiene. With an Appendix containing a Short Course in Modern Public Health. By H. W. HILL. New York: Macmillan Co., 1924, pp. 319. $2.50.

A readable volume by the dean of the Faculty of Public Health at the University of West Ontario; intended primarily for use in schools of nursing, normal schools, and colleges, and written from the point of view of the health worker; defines hygiene as the art of driving the human machine comfortably and efficiently; divides the subject into nutrition (including respiration and heat production and radiation), protection, and race maintenance; insists that the practise of hygiene must precede its successful teaching.

Our Physical World. A Source Book of Physical Nature-Study. By ELLIOTT DOWNING. Chicago: University of Chicago Press, 1924, pp. 367. $2.50.

The first volume in the University of Chicago Nature-Study Series edited by the present author; intended for the use of students in normal schools and of teachers, and supplemented by the practical constructions in the "Field and Laboratory Guide in Physical Nature-Study" already issued by the same publishers; includes brief descriptions of the universe as known to astronomers, the earth's structure, and the nature of matter; shows the application of physical laws to the service of man in the domain of the air, water, fire, electricity, and simple mechanics; draws some illustrations from household devices; includes chapters on radio (by Fred G. Anibal), photography, and musical instruments.

Home Conveniences. By F. W. IVES. New York: Harper & Brothers, 1924, pp. 219. $1.50.

Junior High School Curricula. By HARLAN CAMERON HINES, PH.D. New York: The Macmillan Co., 1924, pp. 188. $1.50.

Everybody's Cook Book. Edited by ISABEL ELY LORD. Compiled from the Records of the School of Household Science and Arts of Pratt Institute. New York: Henry Holt and Co., 1924, pp. 916. $5.00.

The Economy of Human Energy. By THOMAS NIXON CARVER, PH.D., LL.D., Professor of Political Economy in Harvard University. Edited by Richard T. Ely. New York: Macmillan Co., 1924, pp. 287. $2.50.

ABSTRACTS FROM PERIODICALS

NUTRITION

Daniels, A. L., and Stearns, G. The effect of heat treatment of milk feedings on the mineral metabolism of infants. *Jour. Biol. Chem.* 1924, 61: 225.

The observation that in some cases apparently well babies, whose weight remained stationary during a considerable period of time when fed on milk pasteurized by the old method, began to grow when quickly-boiled milk was substituted for the pasteurized, led to a further comparison of the relative merits of the two methods of preparing milk for infant feeding. This consisted in a series of metabolism experiments conducted on normal boy babies from three to seven months of age—using in alternate periods milk prepared by heating in the feeding bottles at 245°F. for thirty minutes in one case, and by bringing it quickly to the boiling point three times in an aluminum saucepan over a gas flame, the whole process requiring about eight minutes. In all of the six subjects there was an appreciable increase in the retention of calcium and phosphorus on the boiled milk, and in all but two cases this was accompanied by increased nitrogen retention. The excretion of calcium in the feces was higher on the pasteurized than on the boiled milk, but that of phosphorus and nitrogen not consistently higher. The urinary calcium did not run parallel with the fecal, but urinary phosphorus and nitrogen were higher on the pasteurized milk. The authors conclude that "it is probable that a baby fed pasteurized milk over a long period of time is receiving too little calcium for his growth needs."

Denis, W., and Borgstrom, P. A study of the effect of temperature on protein intake. *Jour. Biol. Chem.* 1924, 61: 109.

Reliable data on the urinary excretion of nitrogen and creatinine have been obtained on 233 men and 9 women, between the ages of 18 and 22 years in most cases, all medical students at Tulane University, New Orleans. The data were obtained in the spring of 1922, 1923, and 1924, and the summer of 1924, the average temperatures being about 73, 70, 55, and 80°F. respectively. The average maximum and minimum figures obtained on the women subjects were: urinary nitrogen 7.72, 10.62, and 4.05 gm., and creatinine coefficient 7.37, 8.5, and 5.97 respectively. For the male subjects the average urinary nitrogen was 10.63 gm., equivalent to 11.07 gm. per 70 kg. of body weight, and the creatinine coefficient 8.93 or 9.3 per 70 kg. Assuming that 10 per cent of the food protein is lost in the feces, the total average protein intake of the group was 73.8 gm. daily, as compared with 121 gm., the average protein intake for the United States according to Pearl and 150 gm. according to the Atwater standard. The lowest average of urinary nitrogen was 9.43 gm. in the summer and the highest 11.18 gm. in the cold weather of the spring of 1924. On grouping the subjects according to the place of previous residence, those coming from the Northern States showed an average excretion of about 2 gm. more than those coming from the Southern States. "The results obtained furnish evidence in favor of the view that increase of temperature is accompanied by a decrease in protein intake and that, apart from the variations due to seasonal changes, the inhabitants of the semi-tropical portions of the country probably consume an amount of protein considerably below the quantity reported as the average intake for the nation."

Mitchell, H. H., and Carman, G. G. The biological value for maintenance and growth of the proteins of whole wheat, eggs, and pork. *Jour. Biol. Chem.* 1924, 60: 613.

As judged by metabolism experiments conducted on rats, the average biological value of eggs was 93, pork 74, and wheat 67 when fed at an 8 per cent level of intake. The net protein values of the three foods

as calculated from average determinations of the crude protein content and the percentage losses in digestion and metabolism were 12.5, 14.6, and 7.6 per cent respectively.

Folm, O., Berglund, H., and Derick, C. The uric acid problem. An experimental study on animals and man, including gouty subjects. *Jour. Biol. Chem.* 1924, 60: 462.

In this report of an extensive investigation of uric acid metabolism in animals and man as determined by the fate of the acid or its salts following intravenous injection, a new view-point is presented for the dietetic treatment of gout. It is shown that the high level of uric acid in human blood is probably due to a lack of responsiveness of the kidneys to its absorption. High protein diets tend to increase the permeability of the kidneys, thus lowering the level of the circulating uric acid and at the same time producing a large excretion of uric acid. In gouty subjects the permeability of the kidneys to uric acid is decreased. "It has long been recognized that such persons should abstain from food which is rich in purines, and it has also been thought advisable to reduce the endogenous production of uric acid by a sparing use of every kind of protein material. But our findings seem to indicate that the best dietetic method for reducing the circulating uric acid should be a purine-free diet containing enough protein to yield 15 to 20 gm. of nitrogen in the urine. The dietetic literature on gout has probably greatly exaggerated the importance of abstaining from all food which contains any purine materials. A small amount of purine products should be of very little consequence provided that the diet is distinctly high in protein."

Kugelmass, I. N., and McQuarrie, I. The photoactivity of substances curative of rickets and the photolysis of the oxy-products by ultraviolet radiation. *Science*, 1924, 6 : 272.

Various substances known to possess antirachitic properties were found upon oxidation to give off ultraviolet rays similar to those emitted by the quartz mercury vapor lamp, while non-curative substances did not possess this property. These observations are considered of interest not only in suggesting that the common property possessed by sunlight and substances containing the so-called antirachitic vitamin is the ability to emit ultraviolet rays but that "solar energy exerts a hitherto neglected function in the physiology of higher organisms as well as in plants."

Steenbock, H., and Black, A. Fat-soluble vitamins XVII. The induction of growth promoting and calcifying properties in a ration by exposure to ultraviolet light. *Jour. Biol. Chem.* 1924, 61: 405.

Two rations containing considerable vitamin A (anti-ophthalmic) and but little antirachitic vitamin were found to have acquired growth-promoting and bone-calcifying properties as the result of irradiation with a quartz mercury vapor lamp. In the first experiments the rations were irradiated by exposure in thin layers in porcelain dishes, but the same results were obtained later by irradiating the ration in pyrex and quartz flasks and in an atmosphere of air or carbon dioxide. Negative results were obtained when the irradiation was attempted in brown glass bottles. Inactive muscle and liver tissue, olive oil, and lard also acquired growth-promoting and bone-calcifying properties when irradiated. Livers of irradiated rats were found to have antirachitic properties, as previously demonstrated by Goldblatt and Soames, and the same was found to be true of lung and muscle tissue. The activity of the livers of irradiated rats was not destroyed by drying at 96°C. for 24 hours and storing in the laboratory in stoppered bottles for two months.

Hess, A. F., and Weinstock, M. Antirachitic properties imparted to inert fluids by ultraviolet irradiation. *Jour. Amer. Med. Assoc.* 1924, 83: 1845.

Cottonseed oil and linseed oil after irradiation from a quartz mercury vapor lamp were found to possess antirachitic

properties, as shown by protective tests with rats. It is of interest that the oils on irradiation frequently acquired a fishy odor similar to that of cod liver oil. Liquid petrolatum irradiated in a similar manner, water containing small amounts of radium bromide, and ozonated water showed no protective properties.

S. L. S.

NOTES AND CLIPPINGS

Illinois Information Test on Foods. The present price for 25 copies with direction sheet and key is 75 cents, plus transportation charges, instead of 50 cents as quoted on page 664 of the November JOURNAL.

Child Welfare Library in Chicago. The Elizabeth McCormick Memorial Fund, 848 North Dearborn Street, places its library at the free disposal of health, social, and child welfare workers. The collection is the oldest of its kind in the country and is devoted entirely to child welfare and kindred subjects. The assistance of the trained librarian may be obtained for special study or research.

Housing in the Americas. The *Bulletin of the Pan-American Union* reflects the general interest in improved housing, especially for working men's families. The magazine frequently contains notices of developments in one or another of the 23 countries of the Union, and the English edition for February, 1924, gave a 45-page illustrated summary of recent progress, which brought out clearly how climate, racial, social, and economic conditions influence building, and also what great advances have been made in some of the Latin-American countries.

Retail Store Location. Under this title much information of interest to students of retail distribution is brought together in a bulletin by Lawrence A. Hansen which is published by the U. S. Department of Commerce, Domestic Commerce Division, as Trade Bulletin No. 269, and which is purchasable for five cents a copy from the Superintendent of Documents, Government Printing Office, Washington, D. C.

Improved Highways and Home Life. The four-year university scholarship offered by H. S. Firestone through the Highway Education Board for the best essay on "The Relation of Improved Highways to Home Life" was awarded to John Liska, a Wisconsin high school student. He tells of two roads which branch just outside of Wisconsin Rapids and the changes which have been made in the homes on the right-hand road since it was hard-surfaced in contrast to those on the left-hand, neglected one. While the families on the good road find it relatively easy to send their children to school and to take part in community interests and are stimulated to keep themselves and their places up with the times, those who have stayed on the poor road have slipped further back, economically and socially, because the difficulty of getting about has held them close at home.

The Mother as a Teacher. This is the title of a manual for leaders of mother-training groups, by Alice M. Loomis, state supervisor of part-time and evening homemaking education and assistant supervisor of industrial education in Nebraska. The introduction, which is addressed especially to leaders, discusses the use of the project method in instruction for homemakers and summarizes the twelve topics of a course on mother-training and home management drawn up by Miss Loomis and sponsored by the Nebraska Parent-Teacher Association. The rest of the booklet gives the second of these topics, the mother as a teacher; it indicates the principles underlying successful teaching by mothers in the home and suggests many practical means of securing the desired results, with special emphasis on the mother's own

mental attitude, the accepted facts of child development, and the importance of adjustment between the demands of the home and those of the community. It is planned to print other topics, but meanwhile they may be obtained in mimeographed form. The present pamphlet may be purchased for twenty-five cents a copy from the author, 204 University Temple, Lincoln, Nebraska.

Housing Problem in Great Britain. In 1922 a consultative committee from sixty-five women's organizations in Great Britain agreed that definite information was needed on the little understood and very complicated question of housing, and a subcommittee was appointed to draft a pamphlet in consultation with experts. The third, thoroughly revised edition of their findings was issued in July, 1924, under the title, "The Housing Problem. A Statement of the Present Position." It concludes that the shortage existed before the war and is still acute, especially for small wage-earners; that the inability of the latter to pay an economic rent has discouraged private investment for such building under existing costs; and that neglect of town planning has helped to produce unhealthy areas and traffic congestion. A summary is given of the measures for improvement adopted by government and private agencies and a few significant statistics are appended. The footnote references to government publications and a brief list of books furnish useful bibliographical suggestions. The pamphlet may be purchased for one shilling a copy from the Consultative Committee of Women's Organizations, 92 Victoria Street, S. W. 1, London.

High School Service. This is the name of a new monthly publication of the American Red Cross, to be used by high schools in the same way that the *Junior Red Cross News* is used by elementary schools. It will cover a wide range of interests, educational, international, scientific, industrial, and vocational. The subscription price is $1.00 a year.

Health Education and Publicity. The *American Journal of Public Health* is a pioneer in establishing a department devoted to this subject, and has placed in charge Evart G. Routzahn, associate director of the department of surveys and exhibits, Russell Sage Foundation.

Lantern Slides on Village and Town Planning. Series No. 161 of the Lantern slides issued by the Office of Extension Work, U. S. Department of Agriculture, for the use of extension workers and others consists of 61 slides and supplementary notes on this subject. Pictures and text were brought together in cooperation with the Bureau of Agricultural Economics and illustrate how convenience, efficiency, health, and social well-being can be furthered in planning villages and towns.

What Illinois Home Economists did Last Summer. The *Educational Press Bulletin*, a monthly publication of the Illinois department of public instruction, in its December issue summarizes the replies received from 166 vocational home economics teachers as to how they utilized their summer vacations. Forty-two were enrolled in summer schools, 37 were busy with practical homemaking, 24 travelled, 12 were in social welfare work, 10 served as dietitians, 10 were employed in the management of camps and other institutions, 8 assisted in baby clinics, 3 taught in summer schools, 3 were in commercial millinery work, and two in cafeterias. Three were enrolled in extension or correspondence courses and 12 attended educational conferences other than county institute or district meetings.

Questions in the Classroom. A recent bulletin on this subject is published as Educational Research Circular No. 29 from the College of Education, University of Illinois. It is by Charles W. Odell, and discusses the encouragement of questioning by pupils, and methods of questioning by teachers. A brief list of references is appended.

NEWS FROM THE FIELD

American Home Economics Association. Plans are already being made for entertaining the national convention which meets in San Francisco next summer. According to the present arrangements there will be four general meetings, three one-half day section meetings, and two general business meetings. The motif of the entire convention will be Home Economics as it pertains to the girl in the public schools. Some of the leaders among men in education will be asked to speak because, as Dr. Morgan says, "Our fate seems to be in their hands." A banquet and various luncheons, breakfasts, etc., will be interspersed among the more serious meetings. Trips to the Stanford campus and to the University of California will be arranged as well as visits to other points of interest.

KINDRED INTERESTS

American Heart Association. This national organization, formed during the meeting of the American Medical Association in June, 1924, and recently admitted to the National Health Council, has for its purpose the prevention and alleviation of heart diseases, now the leading cause of death in the United States.

Dr. Lewis A. Conner is president; Dr. Robert H. Halsey, secretary, and Miss M. L. Woughter, executive. Headquarters are at 370 Seventh Ave., New York City.

National Society for Vocational Education. There was a large attendance at the 18th annual convention, held December 11th to 13th, 1924, at Indianapolis. The main topics at the three home economics meeting were better homes, recent findings for women's education, and part-time education. Among the chairmen and speakers were Mrs. Iris Prouty O'Leary, state supervisor of home economics, New Jersey; Dr. James Ford, of Better Homes in America; Dr. Louise Stanley of the U. S. Bureau of Home Economics; Dean Anna E. Richardson of Iowa State College; Dr. W. W. Charters of Carnegie Institute; Adelaide S. Baylor and Mrs. Anna Laylor Burdick of the Federal Board of Education.

The Council on Vocational Education met during the convention as did also the executive committee of the American Home Economics Association.

Pan-American Pedagogical Congress. There is discussion of the postponement of the conference, planned for Santiago, Chile, in September, 1925, to the summer of 1926. This congress of education was decided on at the Fifth Pan-American Congress held in Chile, 1923, and its organization and functions are closely patterned after the latter. It is also closely allied with the World Federation of Education Associations organized in California, July, 1923. This Pedagogical Congress should not be confused with the Child Welfare Congress which took place in Chile during September, 1924, nor with the Pan-American Congress which was held in Lima, Peru, December 20th, 1924, to January 3rd, 1925, and which will be reported in a later issue.

Home Economics at the National Education Association. An invitation has been received by the American Home Economics Association to organize one or two round tables for the discussion of home economics in education at the summer meeting of the National Education Association, and Miss Anna M. Cooley has been appointed chairman of the committee of arrangements. This meeting, which is scheduled for June 28 to July 4, will not in any way conflict with the annual meeting of the American Home Economics Association in San Francisco, August 1 to 6.

National League of Women Voters. The annual convention will be held in Richmond, Virginia, April 15th to 22nd, 1925.

U. S. Children's Bureau. Among the subjects mentioned in the annual report of Grace Abbott, Chief of the Bureau, as needing immediate attention is the nation-wide collection of statistics of dependent, delinquent, and neglected children, as well as of children legally employed. Another is the study of the prevention of sex delinquency among children, a subject on which the Bureau is constantly asked for advice and for the study of which it has authority but no funds.

The investigations now being undertaken by the Bureau in coöperation with other agencies include a six-year study or demonstration of the eradication of rickets in New Haven and an investigation of the relation of posture to physical fitness in the public schools of Chelsea, Massachusetts.

Home Economics Research in Land-Grant Colleges. At the November meeting of the Land Grant Colleges Association, Dr. Louise Stanley reported that, according to the replies received to a questionnaire, of the 44 institutions giving instruction in home economics, 23 conducted research. The investigations covered 386 specific subjects, of which over half were classified as food and nutrition, fifty as clothing and textiles, and the remainder chiefly in house furnishing and equipment, household management, and home economics education.

Contest in School Health Programs. The closing date for enrollment in the contest arranged for secondary schools by the American Child Health Association (see January JOURNAL, page 52) has been changed from January 10th to February 20th, 1925.

Child Health Demonstrations. Marion County, Oregon has been selected for the far western demonstration to be conducted under the Commonwealth Fund child health demonstration program. This fund has appropriated a large sum of money for five-year demonstrations in four sections of the United States. Barry C. Smith, director of the Fund, is chairman of the committee in charge, and Emma A. Winslow has been appointed secretary with office at 370 Seventh Ave., New York City. The American Child Health Association has assumed responsibility for certain phases of the administration of the demonstrations.

Simplified Practice in Steel Lockers. As a result of two conferences of manufacturers, distributors, and users of steel lockers called by the U. S. Department of Commerce, recommendations have been adopted which would reduce the number of sizes of single and double tier steel lockers from 65 to 17. It is believed that this elimination of 73.8 per cent of the sizes on the market will offer greater convenience and economy to all concerned. At the second conference, held on November 19th, 1924, the American Home Economics Association was represented by the executive secretary.

Study of Foster Children. The Commonwealth Fund has made a grant of $15,000 for this purpose, to be divided equally for use by Dr. L. M. Terman of Stanford University, who will make a comparison of foster children and their foster parents, and Dr. Frank N. Freeman of the University of Chicago, who will compare foster children with their brothers and sisters. The study thus concerns one phase of the problem of the relation of heredity and environment in the determination of mental traits.

Consultant in Health Education. Sally Lucas Jean, 61 Ingram Street, Forest Hills, L. I. has announced a consultant service for professional and business groups interested in health and educational programs. A New York office is to be opened later.

Child Welfare at University of Pennsylvania. A professorship on the social welfare of the child has been endowed by Mrs. Wm. T. Carter and is to be occupied by James S. Heberling, formerly Superintendent of the Wm. T. Carter Junior Republic which was heretofore carried on near Easton.

CALIFORNIA

California Home Economics Association, Bay Section. At the meeting of the Association in connection with the convention of the California Teachers Association in

December of this year. Miss Emeline Whitcomb, specialist in home economics, Bureau of Education, Department of Interior, Washington led a conference and round table discussion of home economics in our Junior High Schools.

CANADA

Macdonald Institute, Ontario Agricultural College. Stimulated by the efforts of the executives of former years the Macdonald Alumnæ executive committee met this fall to prepare a two-day program for the annual June meeting. An endeavor will be made to secure as speakers specialists in such phases of home economics as teaching, homemaking, nutrition, social service, hospital dietetics, and business.

The program will also include a banquet where reports of Macdonald Clubs from all parts of Canada will be given.

CONNECTICUT

Connecticut Home Economics Association. The first meeting of the year was held on October 24th in connection with the State Teacher's Convention in New Haven. The morning session had an attendance of about seventy-five while the attendance at the business session in the afternoon was somewhat smaller. Miss Annie Robertson, who represented the State Association at Buffalo, brought back a report of the national meeting which visualized for us the bigness of the meeting as a whole and its division into smaller groups. The association was fortunate in having Miss Lita Bane to speak of the national organization and the need for state affiliation and cooperation and suggested a few possibilities for the development of a state organization.

At a luncheon, arranged by Marie Nelson of the Visiting Nurse Association, there was an enjoyable opportunity to become better acquainted.

At the afternoon session committees were appointed on membership, program of work, and investigation of illustrative material. Connecticut intends to have a membership drive this year for more active members from all lines of home economics work, then to get a program broad enough to interest all these members.

Mabel Gessner of the New Haven High School had arranged a very well worth exhibit of books with special mention of the most important ones.

Connecticut Agricultural College. A new practice house has been opened recently in connection with the home economics teacher-training department. An old, very undesirable house was chosen because of its convenience to the woman's building and with considerable effort was remodelled to make an attractive seven-room cottage. To make room for a group of five students and an instructor an addition had to be built for kitchen, store room, and two bedrooms. A porch opening from the store room and also from the living room provided for meal service on the porch when desired. Plumbing, heating, electricity, and new floors were put in, and the whole house was freshly painted. For the present the furnishings from the previous practice house are being used, but even so the first group pronounced the remodelled house a great improvement over the former one.

Annual Vocational Home Economics Conference. This was held in June at the Connecticut Agricultural College, in order that each teacher might get in contact with new subject matter at the conference, also that each teacher might report on the work done in one of her courses during the year, illustrating it with samples of work done by the students. As a result the teachers found ways of improving their courses for the coming year. Round tables also provided discussions among teachers and supervisors.

Among the special speakers were Miss M. E. Sprague, Dean of Womans Department at the college and director of the home economics extension work in Connecticut; Miss Edith L. Thomas of the Federal Board of Vocational Education; Miss Clarice Evans, supervisor of art training in Baltimore; and Miss Jeannette Kelley of the Washburn Crosby Flour Co.

DISTRICT OF COLUMBIA

District of Columbia Home Economics Association. On November 12 at the Grace Dodge Hotel the District of Columbia Home Economics Association held a joint dinner meeting with the home economics delegates to the annual convention of the Land-Grant College Association. The committee on arrangements with the assistance of Miss Mary A. Lindsley saw to it that it was not alone a feast of reason. Not only for its vitamin value but for its delicious flavor will Grace Dodge Special Spinach be long remembered as the contribution of a home economist to a hotel menu. Dean Alfred Vivian of Ohio State University gave a stimulating address on the American home, Katharine Blunt, Anna E. Richardson, Cora Winchell, and Lita Bane spoke briefly as representatives of the national association, and Abbie Marlatt of Wisconsin as one of the pioneer home economics workers. The following afternoon the district association gave a tea for the visiting home economists.

The homemakers' section met on November 5th. Miss Bailey of the Bureau of Home Economics spoke on Time Study in Relation to Homemaking and the program for the following meetings was discussed.

Public Schools. Five nutrition clinics have been organized in the public schools of the District of Columbia under the Domestic Science Department. These are conducted along lines similar to the Emerson clinics. The nutrition worker in charge of each clinic is a teacher of domestic science. She is assisted by the medical inspector and the school nurse of the division. She gives a definite lesson to the class each week and arranges for half-hour talks and demonstrations for the parents after the children are sent back to the schoolroom. These talks are on topics covering the fundamental principles for maintaining health and are given by leaders in various lines. All parents having children in the particular school are invited to these clinic demonstrations and talks.

As a Junior Red Cross activity during October, 1924, the cooking classes in the public schools put up about 3,000 containers, varying in size from ½ pint to 1 quart, of fruit juices, jellies, and preserves for use in local hospitals. Candies for the Christmas boxes given to soldiers in hospitals were the next activity, followed by the making of orange and grapefruit marmalade for similar distribution in the spring.

Junior High School Clubs. The five white junior high schools have a club period once a week for forty-five minutes. Each school has a needlework club at which the members knit, embroider, and do other hand work not included in the domestic art classes. Since there are fifty or sixty girls selecting this club, it has to be divided into two or three sections with a faculty advisor in charge of each group.

In the Langley Junior High School a home economics club has been very popular and successful. The purposes of the club are: To improve the health habits of the members by sanitary cooking and wise choice of food. To learn the principles of first aid to the injured. To read about and practice the usual good manners described in an etiquette primer. To earn money through sale of food to pay for building improvements. To serve refreshments at meetings of the parent-teacher association. To serve to the members a few fancy dishes not included in the domestic science course. To present food and clothing to needy children at Thanksgiving, Christmas, and Easter. There are more than thirty in this club, making it necessary to have two sections with a faculty adviser for each.

The Dietetic Association of the District of Columbia. A dinner meeting was held at Grace Dodge Hotel November 4th with Rowena Roberts presiding. Through the courtesy of Miss Mary Lindsley, manager of the hotel, and her assistant, Miss Sarah Simpson, the party was shown through the kitchen, store rooms and refrigerating plant of the hotel. An especially interesting feature is the children's menu in use in the hotel restaurant. It is very attractively planned to meet the need of mothers accompanied by children.

Housekeepers' Alliance. The regular monthly meeting was held December 16th at the Women's University Club and Miss

Alice Lakey, editor of *Insurance* and national chairman of the committee on insurance for the General Federation of Women's Clubs, spoke on "Insurance for Women." At the November meeting Miss Ilena Bailey gave a talk on "Economizing Time in the Home," and several members agreed to keep a record of their days for a month. The Alliance this year is in close touch with the U. S. Bureau of Home Economics and in January will hold a joint meeting with the local home economics association.

The Alliance is coöperating with Miss Nannie Burroughs, a colored woman who for years has worked on the problems of domestic service, in developing her training school for domestic servants. The school is well and favorably known both in and outside of Washington, and has opened a practice house this year, in which girls and men will get their training in such surroundings as they will actually meet in the homes to which they may be recommended after they have demonstrated their ability.

Among other questions in which the Alliance has been actively interested are 'clean-up' and 'swat the fly' campaigns, coöperative buying from producers, the local milk supply, and the price of bread. One year it was responsible for averting a rise in price and last year compelled one of the largest bakers to change a misleading label. Now that the local housing situation is acute the Alliance is working with the new Tenants' League to improve housing conditions for government employees, the group most affected.

The present officers are: President, Mrs. William E. Chamberlin; recording secretary, Mrs. Harvey W. Wiley; corresponding secretary, Mrs. H. M. Baxter; treasurer, Mrs. John C. Kondrup.

FLORIDA

Florida Home Economics Association. The Central Florida section met in November at Leesburg for luncheon and an afternoon program. Orpha Cole, president of the Florida Association gave an inspiring talk; Lucy Cushman, state supervisor of home economics, discussed the home project; and Grace Burwell of Groveland led in a round table discussion on related art. The following officers were elected: President, Olga Kent of Daytona; secretary-treasurer, Orpha Cole, De Land.

The West Coast section met in Tampa, November 15. A splendid program was given, including a talk on the home project led by Boletha Frojen, and one on related art by Belle Calvert. A round table discussion of fair exhibits was led by Mrs. Mary S. Allen, and one on school lunches by Mrs. Z. L. McGuiness. It was voted to send a girl to the short course in Tallahassee in June, choosing the girl whom it would most benefit. The next meeting will be April 18 in St. Petersburg. The following officers were elected for the year; President, Ravena Eckel, St. Petersburg; vice-president, Boletha Frojen, Tampa; secretary-treasurer, Ida Belle Appleby, Plant City.

The annual meeting at Daytona, December 29 to 30, was addressed by two speakers of national reputation. Dr. Harvey W. Wiley spoke on "The Nutrition of the Child of School Age"; and Jessie Harris, state supervisor of home economics of Texas, spoke on "The Home Project."

Florida Federation of Women's Clubs. In order that the members might know what is being done in the home economics departments of the public schools, an exhibit and fashion review were held during the annual state meeting in Orlando. Thirteen schools from that section of the state sent exhibits, and the local women's clubs financed the girls' trip. The women were most enthusiastic about it, and it is believed that they will work for a home economics department in every school.

GEORGIA

Georgia Home Economics Association. The executive committee met in Atlanta in November, formulating a program of work for 1925. Following the general plan of the American Home Economics Association

the following committees were appointed: Membership, Lois P. Dowdle, State Girls' Club Agent, chairman. It is the purpose of this committee to enroll every home economics worker in the state and every student graduating in home economics in June. Committee to enlarge the membership among homemakers, Mrs. J. A. Carlisle, state chairman of Home Economics committee of Federated Women's Clubs, chairman. Coöperation Committee Miss Clara Lee Coen, supervisor of home economics, Atlanta Public Schools, chairman. The purpose of this committee is to plan joint meetings with other interested groups, to furnish program material for group meetings, to work definitely for the establishment of courses in child care and management in public schools, colleges, and through extension agencies, and to work for the organization of affiliated students' clubs and help in furnishing program material to clubs. Publicity Committee, Miss Lula Cassidy, editor Woman's Department of *Southern Ruralist*, chairman. The general work is to conduct publicity campaigns so that there may be a clearer understanding among people of the state of the aims and ideals of homemaking education, especially as regards vocational home economics, extension work, and child health and nutrition classes. In order to reach this goal the Association desires the coöperation of the county and state press, the student, the teacher, and homemaker membership in "spreading the gospel" of home economics in Georgia in 1925.

Home Economics Clubs in Schools and Colleges. With an idea of promoting good fellowship among students and teachers and of rendering greater service to college and state and extending the cause of home economics, the students of that department at the University of Georgia organized the "Homecon" Club in 1920. In 1921 the club was affiliated with the Georgia Federation of Women's Clubs. The active membership includes all students majoring in home economics and the associate members, students carrying three hours of home economics electives. With an active membership of 72 students this year the club is filling a real place in the college life. Its purpose for the year is to give the students training in parliamentary law, to learn the art of entertaining through social gatherings, teas, and parties, to include in the definite training for teaching home economics and health education by dramatization and plays such as can be carried over into the schools of the state by the graduates as they go out to teach.

In 1923 a similar organization came into being at the Georgia State College for Women. The plan of organization differs somewhat, membership being voluntary. but the purpose of promoting home economics and student fellowship is the same. This club has a membership of 37 students and one of their outstanding projects is the studying of nutrition for animals. An outhouse on the campus is sheltering families of guinea pigs, rats and pigeons that are fed and tended by the nutrition classes. The students are keeping careful records of the feedings and results and will, it is hoped, be able to draw some interesting conclusions.

In November 1924 another club was organized at the State Normal School. The voluntary membership quickly rose to 70 students, and the organization, though young, is obliged to grow rapidly with its aspirations and aims expressed as follows: To train for right leadership in relation to physical, economic, scientific, aesthetic, and spiritual problems and to further a spirit of unity among home economics leaders throughout the world.

High schools in the state are beginning to organize home economics clubs. The clubs at Fitzgerald and Woodbury have been organized for two years.

A Visitor from Denmark. Miss Ulla Christensen, of Copenhagen, Denmark who has been granted a fellowship by the International Education Board of New York to study 4-H club work and home economics teaching in the United States, has recently

spent some time in Georgia. The county agents and club girls are very much interested in having Miss Christensen visit them and are putting forth every effort to show their work. The 4-H club members are delighted that their emblem, four H's, standing for Hand, Head, Heart, Health, may be adopted by the girls of Denmark, as the Danish words also begin with H. Miss Christensen expects to return to Denmark to conduct extension work under the direction of Frantz P. Lund, United States Extension Field Agent who is assisting in the organization of extension work in Denmark.

INDIANA

Indiana State Home Economics Association. The fourth meeting was held in Indianapolis, October 16th. Five sections held round table discussions. The speakers for the general meetings were: Miss Lindsley, Managing Director, Grace Dodge Hotel; Dr. Benjamin R. Andrews, Teachers' College; Dr. M. E. Pennington, Household Refrigeration Bureau, New York City; and Miss Agnes Boeing, Director of Educational Service, Cheney Silks, New York City. The officers for the year are: President, Mabel T. Wellman, Indiana University; vice-president, Clara Locke, Terre Haute; secretary, Emma B. Christy, Muncie; treasurer, Lydia A. Lynde, Indianapolis; councillor, Frieda Ann Bach, Indianapolis. The new year started with 194 members.

Teachers Association. The home economics teachers of the North Central Association held a meeting in South Bend, October 10th to 11th. Dr. Katharine Blunt and Mabel Trilling were the speakers. The teachers of the Southwestern Association held a round table meeting in Evansville, November 28th, under the direction of Mary Beeman. Other home economics meetings have been held in Whiting and Rushville.

ILLINOIS

Chicago University. Professor Marion Talbot of the Department of Household Administration has given a fund of $15,000 to the University to be called the Marion Talbot Foundation. The income is to be paid to certain beneficiaries during the life of Dean Talbot, and later will be used by the University for the advancement of the education of women in defraying the expenses of lectures, publications, and research, or in similar ways. Professor Talbot, who for over thirty years has been dean of women at the University, is the author of "The Education of Women" and "House Sanitation" and co-author of "The Modern Household". Dean Talbot received the honorary degree of Doctor of Laws from Cornell University in 1904 and from Boston University in December, 1924.

Ellen A. Reynolds, formerly of Cornell University, passed her examination in December for the degree of Doctor of Philosophy in the department of Household Administration at the University of Chicago. The topic of her thesis is "A Study of Food Control."

Marion Clark, who gives the courses in costume design and interior decoration in the home economics department, has been absent for the fall quarter, traveling in Europe, especially France and Italy.

At the request of the superintendent of public health nurses of Chicago a series of five lectures on nutrition was given at the city hall to about fifty nurses. Jessie Whitacre, formerly head of the home economics department in Utah Agricultural College and at present fellow in the home economics department, conducted the class. This was so successful that the course is to be extended into one which will be given for university credit.

Illinois Home Economics Association. The fourth annual meeting was held at the University of Illinois, October 24 and 25. There were two general and one business sessions, four section meetings, a tea, and a dinner. The officers for the coming year are: President, Jenny Snow, Chicago Public Schools; vice-presidents, Mrs. W. G. Palmer, Urbana and Mabel B. Trilling, Chicago; secretary, Adah H. Hess, state supervisor of home economics, Springfield; treasurer, Olive Young, Decatur. Section chairmen are: School section, Ruth Anderson; col-

lege section, Jesse Rambo; homemakers section, Mrs. Robert Watt; institution section, Flavilla Normington.

The executive-committee has decided to publish a news letter three times during the year; the first issue appeared in September.

All-State Conference for Vocational Homemaking. The third annual meeting was held at the University of Illinois, October 23 and 24 with more than 200 teachers enrolled. It was unanimously voted to continue the organization of ten districts or groups, each to hold a day's conference during the year. District 21, for example, met at Pekin on November 8. One session was devoted to the problems of teachers new to the service, another to coöperation and extra-curricular activities of teachers and students. There was an excellent address on visual education by Dr. F. D. McCluskey of the University of Illinois, and one on music and the home economics teacher by Fannie R. Buchanan of the Victor Talking Machine Company.

IOWA

Farm and Home Week. This will be held February 2 to 7. The woman's program will have for its central theme "Cornerstones of the American Home." These cornerstones are interpreted to mean family health, sound economic standards, and the social and spiritual factors in family life. The list of outside speakers in addition to the members of the Iowa State College staff and Iowa homemakers is unusually strong and includes: Mrs. Anna Garlin Spencer of Columbia University; Dr. Caroline Hedges of the Elizabeth McCormick Memorial Fund, Chicago; Mrs. Mignon Quaw Lott, recreation specialist, Montana Agricultural College; Mrs. Clara Ingram Judson, budget specialist, Chicago; Mrs. Yutze, of Iowa State University, advisor to Iowa Federated Parent Teachers Association; and Dr. Smiley Blanton, director of the Child Guidance Clinic, Minneapolis. A feature of the program will be regularly scheduled study groups on the important subjects of the conference.

Iowa State Teachers College. New members on the home economics faculty this year are Myrtle Gunselman and Mamie Grimes from the Kansas State Agricultural College and Mrs. Elmer Ritter, a graduate of Iowa State Teachers College.

The Ellen H. Richards Club, to which junior and senior home economics girls are eligible, held the first meeting of the term at the practice cottage, on September 29th. The members carried out an interesting and instructive program in which both faculty and students participated on Homecoming Day, October 18th. The cottage kept open house to alumni and their friends.

MASSACHUSETTS

Worcester County Home Economics Association. In the course of six health lectures sponsored by the association, four by Dr. Mace Andress on mental health and one by Miss Lou Lombard, state nutrition specialist, on nutrition in relation to health, have already been given. The attendance was excellent, including old and young, and all expressed thorough satisfaction.

Connecticut Valley Home Economic Association. At the meeting held in Pittsfield on November 15 the general subject was home management. The first section was devoted to the budget with Miss Mabel Lutes of Springfield and Mr. Francis X. Hogan of Lawrence as the speakers; the second section considered nutrition with Mr. Franklin L. Gray and Mrs. Mary D. Otis of Springfield as speakers; and the third section discussed the decoration and furnishing of the home, with Professor Clifford H. Riedell of Smith College as principal speaker. Superintendent Gannon of the Pittsfield Schools gave an address of welcome, and there was a luncheon at the Tally-Ho.

The next meeting was scheduled to be held at Smith College in January.

MICHIGAN

Home Economics Association of Michigan. Five meetings were held during October in

connection with the district meetings of the Michigan State Teachers' Association. The annual meeting of the association, which is held in different districts in rotation, was held this year in Grand Rapids with Dr. Henrietta Calvin as speaker. The officers elected were: President, Ruth Ann Hood, Grand Rapids; treasurer, Helen Perrin, Lansing; councilor, Lulu M. Becker, Detroit; alternate councilor, Margaret Chambers, Jackson.

Miss Minnie L. Irons, itenerant teacher trainer of the educational department of Michigan Agricultural College, is offering courses to home economics teachers in Saginaw and Detroit on Methods of Teaching Home Economics, and on Social and Economic Background of Home Economics Education.

Home economics teachers from schools receiving aid under the Smith-Hughes Law attended a conference called by the state supervisor at Michigan Agricultural College in July. The Conference included in its program vital topics for such teachers and was an inspiration to those who attended.

MISSISSIPPI

Mississippi Vocational Home Economics Teachers Conference. There was held at Mississippi State College for Women, November 6th to 9th a conference of all vocational home economics teachers. This was called by the state supervisor and was conducted by Edith M. Thomas of the Federal Board of Vocational Education. The entire time was given to analyzing the job of the teacher of homemaking. The responsibilities were listed and several of them analyzed. Those not finished at the conference were assigned to various teachers who are to submit analyses. There were present 44 white teachers. The college seniors majoring in home economics were allowed to attend part of the meeting and the teacher-training group in home economics were present at all the sessions.

Mississippi State College for Women. The Home Economics Club has a membership of 140 from among the major students and faculty of the home economics department. Besides the regular officers there are program, publicity, and "big sister" committees. Monthly meetings are held at the Club House with a different class in charge each month. This promotes a friendly rivalry in planning for serious study and also in the good times which follow each formal program. On December 9 the program was planned specially for the freshmen with talks on "The Responsibility of the Individual to the Honor System," and "The Importance of the Freshmen Class to the Department of Home Economics," and a Christmas tree and games to furnish the fun.

The club not only works for the welfare of its members but also for others. During the State Conference of Vocational Teachers in November, members served the guests in every possible way, gave up their rooms to them, and entertained them at tea. Another outside interest is assisting the home economics laboratories at the New Hope Consolidated High School seven miles from the college.

State Fair. Much credit for the excellent exhibit in home economics is due M. Esther Rogers, the state supervisor. The space, 18 by 54 feet, was used to represent a high school department with a one-unit kitchen, dining room, clothing laboratory, and bedroom. Equipment and furniture were provided by local dealers, and different schools were asked to contribute other articles for the exhibit. In the kitchen, properly labeled and placed, were canned and preserved foods, cup towels, a menu book, and a few posters. The dining room showed appropriate china and silver, with table linens made by high school girls. In the bedroom were found a girl's hats and clothing, bed linens, table covers, and other articles made by students.

MISSOURI

Missouri Home Economics Association. The annual meeting was held in Kansas City in conjunction with the Missouri State Teachers meeting, November 13 and 14th, Anna E. Hussey, presiding. Gudrun Carlson of the Institute of Meat Packers gave a helpful talk on "Methods of Teaching Meat Lessons." Anna E. Hughes of

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Kansas City reported the American Home Economics meeting at Buffalo; Efale Brown, sectional director of the Red Cross nutrition service, Ella Moore, state supervisor of home economics, and Essie M. Heyle, in charge of home economics extension, told of recent progress in their respective fields. Irene Teagarden, Northwest State Teachers College, described interesting experimental work on the use of intarvin at that institution. The members of the Kansas City Home Economics Association were hostesses at an enjoyable tea.

The officers elected for the ensuing year are: President, Lilly Brucher, Southeast State Teachers College; vice-president, Mildred Burks, Excelsior Springs High School; secretary-treasurer, Matie Porter, St. Joseph. The secretary was able to report one hundred and forty-two paid memberships.

State Vocational Conference. The home economics section meeting was marked by almost perfect attendance, only one of the fifty-eight teachers of the state being absent. The program, with Ella Moore, state supervisor, presiding, was a helpful one. Much time was well spent by the teachers working in committees on the following topics; "Making the Clothing Course more Educational and Practical," "The Value of Public Demonstrations and Field Trips," "The Related Art Course of Study," "Home Projects" and "Home Economics Clubs." Other features of the conference were: a round table discussion of the "Educational Value of Foods in High Schools" conducted by Jessie A. Cline; an exhibit of clothing and textiles showing the value of a clothing course by the clothing division of the University; an exhibit of illustrative materials grouped for use in teaching various type problems in related art by the related art and education divisions; a demonstration lesson in related science taught by Sarah Drumm, a student teacher, to illustrate the value of the project method in related science as used at the University High School with Mary L. Klinger as supervisor. The results of the work in related science done at the University High School by Miss Klinger and Lillian Sensitaffar have been published in bulletin form by the University and were noted in the January JOURNAL.

MONTANA

Montana Home Economics Association. The fifth annual meeting was held at Billings on November 25th, at the time and place of the Eastern Montana Education Association meeting. The program included the following reports: Results of the Program of Work for the past Year, Buffalo Meeting, High School Home Economics Clubs, and the Program of Work for the coming Year. In addition two papers were given on "Our Professional Obligations," as home economics teachers by Miss Florence Fallgatter, and as homemakers by Mrs. G. C. Wiggnehorn. A luncheon for the group was a pleasant feature of the meeting. The new officers are: President, Florence Fallgatter, State Supervisor of Home Economics; secretary, Martha Killmansperger; councillors, Rosemary Trackwell, Myrtle Kuhns, and Nora Hullbush. The students home economics club of Montana State College sent two delegates to the state meeting for the second time.

State Educational Association. The program for the home economics section was practically the same in the three districts, and dealt principally with illustrative material, the establishment of standards, and reviews of recent home economics books. Susanne Thompson, nutrition specialist, gave a valuable paper on "Recent Findings in Nutrition."

Florence Fallgatter, state supervisor of home economics for Montana, has recently completed a tentative course of study which is being tried out by most of the home economics teachers of the State.

The Association has prepared an informational one-day program on home economics for the use of high schools and women's organizations.

Montana State College. The tenth annual Vocational Congress for high school girls was held on November 20, 21, and 23. The principal speakers were Dr. Aurelia H. Reinhardt, president of Mills College, and Dean F. Louise Nardin of the University of Wisconsin.

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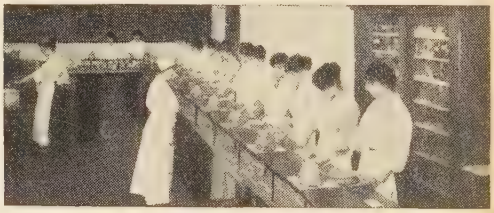

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The annual Farm and Home week was held at the College the first week of January. Dr. Nellie Perkins, director of Wayne College Psychopathic Clinic of Detroit, Michigan, was the principal woman speaker. The college Home Economics Club assumed the responsibility of serving daily lunches and of publishing a home economics edition of the college paper.

State University of Montana. The meetings of the western division of the home economics department. Major students were hostesses and had prepared exhibits of their work, including a series of customes designed and executed by the clothing design classes for a play produced by the University students. There was also an exhibit of books used in all home economics courses and the new books which had just arrived from the publishers.

The following discussions were included in the program: "Establishing Standards," by Helen Gleason; "Illustrative Material," by Nona Sackett; "Recent Findings in Nutrition," by Susanne Thompson.

Helena. Coöperation between the clothing department of the high school and the local department stores has resulted in each merchant placing in the laboratory a copy of his counter pattern book and samples of all staple materials likely to be used in the different classes. This arrangement has the advantages of allowing the styles and materials to be studied and selected under supervision, and of saving the merchant much time and sampling. In the ready-to-wear departments each class may study the problems of material, design, and construction in which they are particularly interested. One merchant even shows the styles on models and has his designer present to give suggestions. This work is under the direction of Mrs. Lucy H. Cartlich.

NEW ENGLAND

New England Home Economics Association. The Teachers' Section met December 6th in the Rogers Building, Massachusetts Institute of Technology, for a round table conference. Lillie C. Smith, chairman, presided. The leaders were: Pauline Moore of the Practical Arts High School, Boston, who spoke on time-saving devices in conducting the lesson; Susan A. Sprout of Brookline, who spoke on the real meaning of domestic science or homemaking; Ruth Kingman of Brockton, and Miss Carpenter of Fall River, on some details of the lessons; Alice Clement of Boston, on housekeeping; and Susan Driscoll of Lowell, on luncheons. The meeting adjourned at noon for luncheon at the new Chamber of Commerce, after which the teachers inspected the equipment. The meeting arranged for January 10th was postponed until the principal speaker, Emeline Whitcomb of the U. S. Bureau of Education, should return from an extended tour of the Pacific Coast.

VIRGINIA

Virginia Home Economics Association. The 14th annual meeting at Richmond, November 28th, was one of the best ever held by the Association. The registration of paid members was seventy-two, with about thirty visitors. Special features of the program were the addresses by Miss Emma Gunther, Miss Lita Bane and Miss Mary Barbour.

The business session was active and interesting. Among the committee reports was that of the publicity committee which showed that Virginia had made some forward strides during the past twelve months. Virginia had the distinction of winning the first prize in the Better Homes Contest for communities with a population under 1000. The cottage plan of instruction is being generally adopted. Eight high schools of the State have cottages constructed on their school grounds for the use of the home economics classes. Fifteen high schools have agricultural home economics buildings, and thirteen have three-room apartments for demonstration work. The statewide organization of home economics clubs, many of which are affiliated with the state organization, is interesting. All of these clubs are sponsored by national and state leaders in home economics. The four state teachers colleges of Virginia are going through a process of re-organization of their home economics curricula, raising the

standard for home economics teaching in the state from two to four years' work.

Forward strides have been made in the preparation of home demonstration agents, practically all of whom are now home economics graduates and are given an extensive training in demonstration work.

The Virginia association had seven representatives in attendance at the New Orleans meeting and one at the Buffalo meeting of the American Association. The Edith Baer Club of William and Mary College, the Frances Sale Club of Harrisonburg Teachers College, the Richards Fireside Club of the Radford Teachers College, and the Home Economics Club of Farmville Teachers College are affiliated with the state association.

The following officers were elected for a term of two years: President; M'Ledge Moffett, State Teachers College, East Radford; vice-president Belle Burke, University of Virginia; Secretary-treasurer, Frances Tabb, Portsmouth; councillor, Lulu V. Walker, Home Demonstration Agent, Blacksburg, Va.

College of William and Mary. The Edith Baer Club was one of the first student clubs in Virginia to affiliate with the state and national associations. There is a growing interest among the members, and this year the girls are very active. Membership in the club has been made elective this year. Prospective members are recommended to the Club by the instructors, on the basis of scholarship and evidences of leadership. It is now an honor to belong, and the prestige of the Club has risen remarkably.

Fearn Cabell, president, represented the Club at the Teachers' Conference in Richmond Thanksgiving, and gave a talk on the work of the Club. An alumnæ department has been organized under the direction of an alumnæ secretary. Several of the alumnæ have jointed the Club and a round-robin letter is helping to keep them in touch with its activities in college.

Bess P. Hodges, who recently received her M.A. from the University of Wisconsin, is assistant professor of home economics this year, and has charge of the practice house.

FOREIGN

Cookery at the Paris Salon d'Automne. At the 1923 Salon d'Automne, where the best works of art of the year are displayed, cookery took its place as the ninth art, thus achieving official recognition of a standing long conceded.

This fall the display space for this art was given over to the Association des Gastronomes Régionalistes, who arranged a series of luncheons, each representative of the cookery characteristic of a certain district of France. Thus on the day when Alsace was represented the far-famed pâté de foie gras of Strasbourg was on the menu, while Jura served such alpine delicacies as Gruyère cheese and butter from the high pastures, and river trout from mountain streams. Places at the tables were available for all visitors, at the modest price of $1.25 per cover.

It was hoped in this way to give all France an opportunity to appreciate the specialties of each region, and to develop among the hotel and restaurant men an appreciation of the possibilities of featuring characteristic local dishes. It is this recognition which gives the French chef such a pride in his art and upholds the best traditions of their national cookery.

British Child Education. A bill recently passed requires that all children in Great Britain shall attend school full time until they are twelve, and for at least 320 hours a year between the ages of fourteen and eighteen. It also provides for progressive increase of the age at which full-time schooling may cease and prohibits the employment of primary school children for more than one hour before and one hour after school daily. The passage of the measure is said to be due to Herbert A. L. Fisher, former president of the Board of Education.

Constantinople College. Eva Lord Murphy, head of the home economics department, has announced her engagement to Mr. Benjamin Demarest of Montclair, New Jersey. She will sever her connection with the college at the end of the present academic year, to the great regret of the institution.

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Journal of Home Economics

TAKING THE MYSTERY OUT OF MARKETING

CAROLINE B. SHERMAN

U. S. Department of Agriculture

The time and the space between the product on the farm and that same product on the dinner table have been popularly represented by cartoonists, during recent years, by a great black spot. "What happens in the dark" is a favorite title for any description or any picture of a method of marketing. The farmer has been represented as totally ignorant of what happens to his product after he gives it blindly up to the buyer and the consumer has been represented as totally ignorant as to the origin of his food or the reasons for its price.

Justification for such allusions or assumptions is fast disappearing as one great service after another is worked out on national lines and placed in operation. In the case of practically all of our many fruits and vegetables, for instance, full light is now turned on all the usual channels and processes through which the product passes, from farm to city, and this light is for the benefit of farmer, shipper, dealer, and consumer alike.

Take the ubiquitous potato, used by practically every consumer the country over, with a total crop valuation at the farm that has approximated four hundred million dollars in good years. Until the World War, as a general proposition potatoes were sold as potatoes and little attention was given to grading or sorting. Congested transportation conditions then prompted the Food Administration to rule that all potatoes handled by their licensees should be graded according to grades already worked out by the U. S. Department of Agriculture. This ruling was in effect only a comparatively short time, but the voluntary use of these United States grades has been continued and expanded to such an extent that to-day about 85 per cent of the shipped potato crop of the country is sold on these grades. A United States No. 1 potato on the farm is a United States No. 1 potato when in the hands of

the shipper and a United States No. 1 when sold on the wholesale markets. Wide-awake farmers, farmers' organizations, and shippers can grade their potatoes before they are sold and know exactly what kind of potatoes they are selling.

The Department of Agriculture has aided the grower and shipper to decide whether to sell these potatoes quickly or whether to hold them for later sale by publishing in rather popular terms an explanation of how farmers and shippers can follow the various market reports on potatoes through recent years, how to make deductions from them and how to acquire a reasonable expertness in thus reading trends and possibilities. The farmer or shipper must come to his own decision but disinterested printed advice is readily available to aid him in this.

When the grower or shipper decides to sell, if he is located in an important potato shipping area, say near Waupaca, Wisconsin, he can call for an inspection of the potatoes at the shipping point. A disinterested inspector representing both State and Federal government, for a nominal fee will inspect the shipment and issue a certificate of quality and condition, that is admitted as prima facie evidence in all Federal courts. Thus the shipper knows, before the potatoes leave his hands, exactly how they would be rated in market circles. This certificate is available to shipper, railroad, and dealer, in case of dispute as to quality or condition.

Demonstrations based on many experiments and test shipments have been given at many important shipping points, and at all times directions are available in bulletin form showing proper methods of loading cars for many perishable farm products and proper methods of ventilation, heating, and icing when needed. At the suggestion of the Department, growers have occasionally accompanied their shipments to market, to observe conditions on the road, at the terminal, and at the market, with a view to meeting these conditions when preparing products for market in the future.

In the case of Wisconsin potatoes and those from other Northern points, many shipments are made under heat during freezing weather and often a man goes along to stoke the heater in the car of potatoes. Directions are available telling just how to secure the best results when shipping potatoes in cold weather, how to use false floors, false end walls, how to line the cars to allow for circulation of air, and how to load them.

Specifications for loading sacked potatoes have been worked out that make it possible practically to eliminate the very heavy losses caused by improper loading. Losses caused by improper or inadequate pro-

tection from cold have been enormous in the past. During one winter when the Department was making a close study of these conditions, three-fourths of the 400 cars examined were in danger of having the potatoes overheated at the top of the load and freezing at the door. Thorough explanation of these conditions and methods of overcoming them have been printed and widely distributed in all Northern potato shipping districts.

Before his car of potatoes is actually shipped, the producer or shipper can inform himself thoroughly about each market within suitable distance. Through the Federal market news service he can learn which of the markets within his reach are oversupplied, which undersupplied, and which are receiving normal amounts. He can learn the prevailing prices on these different markets and the prevailing weather conditions. From these reports he can make an intelligent choice of markets instead of merely consigning his load to the nearest market as he did in days gone by. The Waupaca shipper may have a choice of such principal markets as Chicago, Milwaukee, Pittsburgh, St. Louis, Louisville, Atlanta, Memphis and over 200 other midwestern and southern consuming centers.

Moreover, after the car leaves his station, if conditions change materially as between markets so that a near market with normal supply, for instance, suddenly shows temporary shortage perhaps because of heavy rains in shipping points, he can divert his car by telegram and get it into this market just when potatoes are in especial demand. Thus he is well pleased and so are the consumers who are wanting their usual daily supply of potatoes.

If when his car reaches the terminal market the dealer reports that the shipment is off-grade, or is in bad condition, or in any other way is not up to expectations, the shipper can now call for an inspection on the tracks by another disinterested Federal inspector, who, as in the shipping point inspection, issues a certificate as to quality and condition that is accepted as prima facie evidence in Federal courts, in case of a dispute.

If conditions en route have been such as to cause apprehension to the shipper, he can call for this market inspection and compare the resulting certificate with the certificate issued by the shipping point inspector and see exactly what changes have taken place between date of shipment and date of receipt, for so precisely are these inspectors trained and so well are the United States fruit and vegetable standards now fixed that these two reports are strictly comparable.

When the potatoes are at the city market, the Federal news service

still keeps the shipper informed as to prices and conditions on the market that day or week. With his shipping point and market inspection certificates in hand and with full knowledge of day-to-day market conditions, there is little chance that sharp practice will do him out of his legitimate price, although untoward market or general conditions may operate to keep that legitimate price an unsatisfactory one.

All of these services are available at the large shipping points and at the larger markets for practically every one of the usual American fruits and vegetables. Of course, with the exception of market news, they cannot be available for the farmer with one box of fruits or vegetables to sell at the local market. The service that has been the most difficult to develop and the one that necessarily is available only under certain conditions, is the shipping point inspection, since the shipping points occur all over this enormous country. So far, each State, with Federal assistance, has developed shipping point inspection for at least two or three of its most important perishables, or those most concentrated in production. Thus Arkansas offers such inspection for peaches and strawberries, New Jersey for apples, peaches and potatoes, Tennessee for apples and strawberries. Many States attempt to cover all fruits and vegetables, as California, Colorado, Florida, Texas and many others. This work has had phenomenal growth since its inauguration two years ago and bids fair, in time, to be available for most of our large shipments of fruits and vegetables.

When the shipper knows the exact grade of the product he is shipping and its quality and condition, in disinterested terms, and holds a signed statement to prove it; when he has printed instructions how to prepare, load, and heat his car according to best known practices; when he knows day-to-day conditions on all the markets within his reach from the day his product is harvested until the day it is actually sold; when he can know the exact quality and condition of his product when it reaches the market, in terms acceptable to him, to the carrier, to the dealer, and to the courts—when all these things are true as they are today, in regard to most of our important perishable products, the intelligent shipper and the intelligent consumer are no longer working in the dark.

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VITAMINS A AND B IN THE PECAN NUT

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Very little investigation appears to have been done on the vitamin content of the pecan. A survey of the literature indicates that its vitamin A content has not previously been studied. The only paper on the vitamin B content which has appeared is one by Cajori;[1] he reports that 1 gram of pecan kernel per day furnished a sufficient quantity of vitamin B for normal growth of the white rat; and that partial recovery and slow growth of rats which were declining on a diet free of vitamin B resulted from the daily consumption of 0.5 gram of pecan. The present investigation was undertaken in the hope of supplying information on this subject, the data here reported being taken from a master's thesis by the junior author.

VITAMIN A

White rats 4 weeks old and 40 to 48 grams in weight were caged individually, $\frac{1}{2}$ inch mesh screens being used at the bottom of the cages to prevent access to excreta. Water was furnished ad libitum. Feed

[1] Cajori, F. A., Some Nutritive Properties of Nuts. *Jour. Biol. Chem.*, 1920, 43: 583.

was given once daily. Each week the rats were weighed and any feed residues in feeders were weighed and recorded.

The basal ration consisted of:

Casein (heated 48 hours at 110–115°C.)	18.0 per cent
Starch (heated 48 hours at 110–115°C.)	76.3 per cent
Agar	2.0 per cent
Salts (McCollum's no. 185)	3.7 per cent
Dried yeast	0.4 gram daily

The basal ration was given until the rats were losing weight, or for a period of six weeks in these tests. Macerated pecan kernel of the Van Deman variety was then substituted for an equal amount of starch.

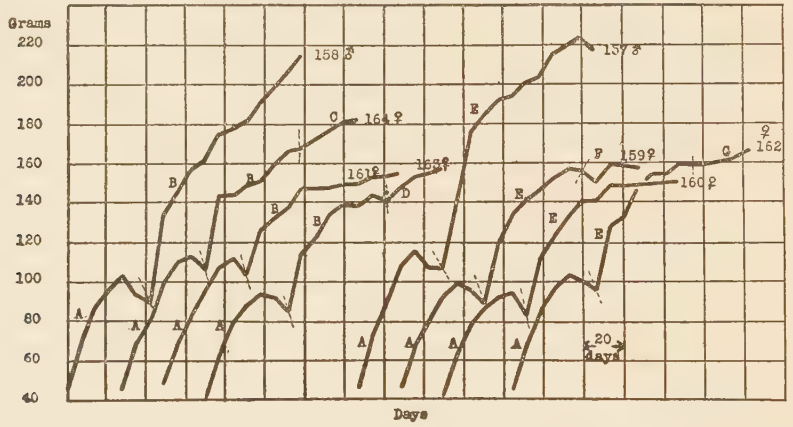

CHART 1. Weight curves of rats receiving pecan kernels as source of vitamin A.

A, basal diet only.
B, 20 per cent pecan.
C, 20 per cent pecan plus 5 per cent cod liver oil.
D, 20 per cent pecan plus 5 per cent butter fat.
E, 40 per cent pecan.
F, 40 per cent pecan plus 5 per cent cod liver oil.
G, 40 per cent pecan plus 5 per cent butter fat.

Chart 1 gives weight curves of rats receiving pecan kernels as the sole source of vitamin A. It shows that there was an immediate response to the addition of either 20 or 40 per cent of pecan kernel to the basal ration. Growth appeared to be about as rapid on the ration containing 20 per cent of pecan as on the one containing 40 per cent.

After 4 to 5 weeks of rapid growth on the pecan rations, there was a marked flattening of the growth curves, some of the rats remaining at a nearly constant weight for the remainder of the experiment. The addition of 5 per cent of butter or a like amount of cod-liver oil to the ration did not cause any marked change in the character of the growth

curves, indicating that the slowing up in the rate of growth was not due to a lack of the fat-soluble vitamins.

VITAMIN B

The tests for vitamin B included experiments with both pigeons and rats.

Tests with Pigeons. Pigeons were confined in wire cages which were provided with screen bottoms to prevent access to the excreta and disgorged material, which were collected in pans under the cages. Clean gravel and water were kept before the birds at all times. All feeds were hand-fed twice daily. At the beginning of the experiment an arbitrary amount of total feed, 20 grams per bird per day, was given. This was later changed to an amount equal to 5 per cent of the weight of the bird at the beginning of test period. The basal ration consisted of one feed per day of polished rice which had been sterilized in the electric oven for 5 hours at 120°C., and one feed per day of the following mash mixture:

Casein	20.0 per cent
Polished rice	71.0 per cent
Agar	2.0 per cent
$CaHPO_4$	0.5 per cent
$CaCO_3$	1.0 per cent
NaCl	0.5 per cent
Butter fat, centrifuged	5.0 per cent

All materials except butter fat were mixed, moistened, and autoclaved at 15 pounds pressure for 2 hours. The mixture was dried in a current of warm air, ground, and the butter fat was added. Just before feeding the mash was weighed out, moistened, warmed, and rolled into balls that could be easily swallowed by pigeons.

When pecan was given, the daily allowance was given in two portions, replacing equal quantities of rice and mash respectively.

Table 1 gives the feed and weight record of the pigeons by periods and chart 2 shows the curves of the weekly weights.

Pigeons 2 and 16 received the basal feeds without the addition of a substance carrying the antineuritic vitamin. Their weight curves are typical of the result of such diets. The loss of weight was rapid and the birds died of polyneuritis in 18 to 28 days.

The other birds received pecan kernel in daily doses varying from 0.5 gram to 4 grams daily. The onset of polyneuritis was hardly perceptibly delayed by daily doses of 0.5 to 1.0 gram of pecan, as is shown in period A, pigeons 3, 5, 1, and 4. When definite symptoms of poly-

TABLE 1

Weights and average daily feed of pigeons

	LENGTH OF PERIOD	INITIAL WEIGHT	GAIN (+) OR LOSS (−)	FEEDS	
				Basal	Pecan
	days	*grams*	*grams*	*grams*	*grams*
Pigeon 2	29	379	−72	20.0	
Pigeon 16	17	283	−18	20.0	
Pigeon 3:					
Period A	23	313	+1	19.5	0.5
Period B	26	314	+6	18.0	2.0
Period C	44	320	−12	17.5	2.5
Pigeon 5:					
Period A	28	371	−49	19.5	0.5
Period B	22	322	+48	18.5	1.5
Period C	49	372	+10	17.5	2.5
Pigeon 1:					
Period A	36	340	−7	19.0	1.0
Period B	23	333	+38	18.3	1.7
Pigeon 4:					
Period A	26	330	+20	19.0	1.0
Period B	49	350	−13	18.0	2.0
Pigeon 9:					
Period A	21	347	−27	18.0	2.0
Period B	7	320	+23	16.0	4.0
Period C	14	343	+22	13.0	4.0
Period D	56	365	−6	14.0	3.0
Pigeon 10:					
Period A	21	314	+2	18.0	2.0
Period B	7	316	+23	16.0	4.0
Period C	14	339	+19	13.0	4.0
Period D	21	358	−24	14.0	3.0
Period E	21	334	+17	13.6	3.4
Period F	16	351	−60	17.0	—
Pigeon 7:					
Period A	21	320	+2	17.5	2.5
Period B	7	322	−2	17.0	3.0
Period C	28	320	−11	13.0	3.0
Pigeon 8:					
Period A	21	384	+1	17.5	2.5
Period B	21	385	+5	17.0	3.0
Period C	14	390	+5	16.6	3.4

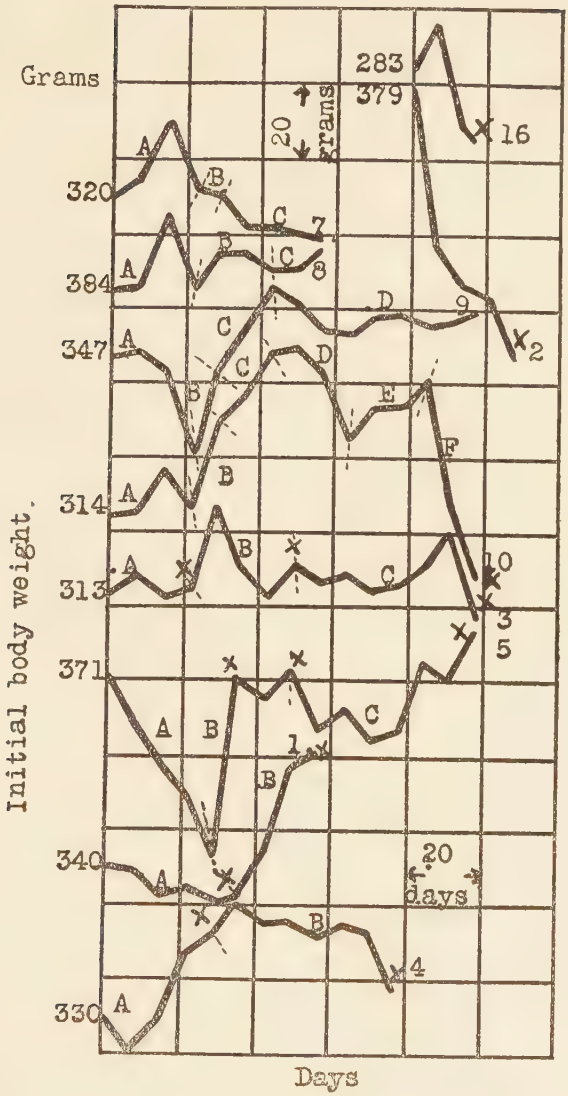

CHART 2. Weight curves of pigeons—pecan kernels as source of antineuritic vitamin. *A*, *B*, *C*, *D*, *E*, and *F* refer to periods shown in table 1. *X* indicates onset of severe polyneuritis.

neuritis developed the pigeons were restored by administering pecan kernel and the daily dose of pecan was increased for the next test period. In most cases 2 to 3 grams of pecan restored the polyneuritic birds to an apparently normal condition. In some cases a second dose was required. A daily dose of this amount, however, did not prevent the onset of polyneuritis. Daily doses of 2.5 grams per bird did not furnish

sufficient antineuritic vitamin; on it birds 3 and 5 developed polyneuritis; and birds 7 and 8 began disgorging feed, which, under the condition of the experiments, may be taken as the first indication that the pigeons are not getting a sufficiency of the protective substance. In the cases of pigeons 7, 8, 9, and 10, the minimum protective dose was 3.0 to 3.4 grams of pecan per day. Pigeons 8 and 10 disgorged feed when they received 3 grams of pecan per day, but stopped disgorging as soon as the dose was increased to 3.4 grams per day. That pigeon 10 was near the point of vitamin equilibrium was shown by the fact that this bird began disgorging feed on the second day and was turning 'cartwheels' on the 16th day after the pecan was omitted from the ration (period F).

In these experiments the development of polyneuritis was not associated with marked losses in weight when the ration contained as much as 1.0 gram of pecan per day.

Tests with Rats. The caging and care of the rats in the vitamin B tests were the same as in the tests for vitamin A. The following basal diet was used:

Purified casein (washed one week in 0.2 per cent acetic acid)	18.0 per cent
Salts (McCollum's no. 185)	3.7 per cent
Agar	2.0 per cent
Rice Powder (sterilized 5 hours at 120°C.)	71.3 per cent
Centrifuged butter fat	5.0 per cent

The rats received the basal ration for 3 weeks. Macerated pecan kernel was then added to the mixture, replacing an equal amount of rice powder. In preliminary experiments, we tried placing the pecan kernel in the feeders on top of the basal feed and found that the rats would eat the pecan but very little of the basal ration.

Chart 3 shows typical weight curves of rats that received varying percentages of pecan as the source of vitamin B. Rats barely maintained their weight when the ration contained 10 per cent of pecan as the source of this factor. Concentrations of 20, 40, or even 60 per cent of pecan in the ration failed to produce normal growth. There was an immediate response when the rats on the 20 per cent pecan ration received in addition 0.4 gram of dried yeast per rat daily. Growth was normal from this point to maturity.

The rats on the 40 per cent pecan ration consumed slightly more than 1 gram of pecan per day, the amount which Cajori found to furnish an ample supply of vitamin B for normal growth. The rats on the 60 per cent pecan ration consumed about 2 grams of pecan per day and still failed to make normal growth.

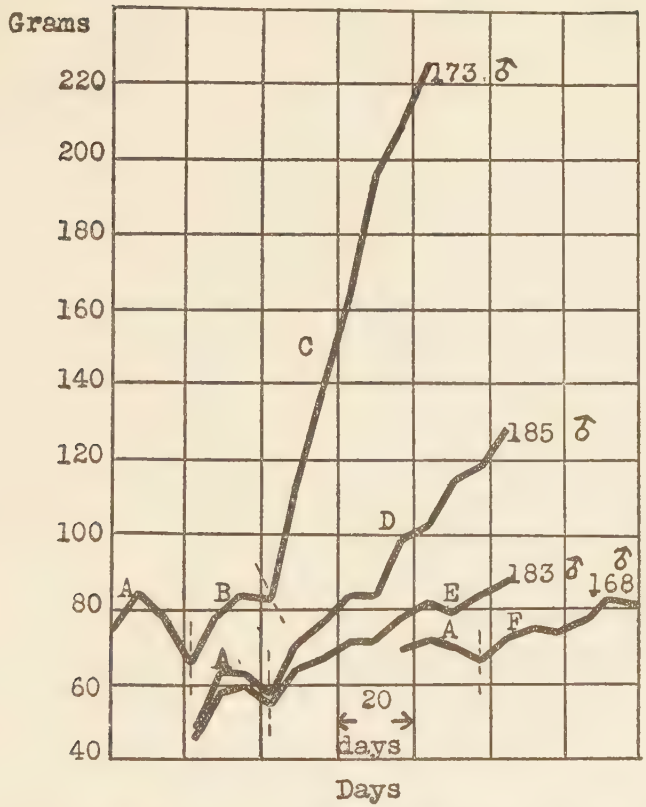

CHART 3. Typical weight curves of rats receiving pecan kernels as source of vitamin B.
A, basal diet only.
B, 20 per cent pecan.
C, 20 per cent pecan, plus 0.4 gram yeast.
D, 60 per cent pecan.
E, 40 per cent pecan.
F, 10 per cent pecan.

SUMMARY

1. The pecan nut contains an appreciable amount of vitamin A.

2. The minimum daily dose of pecan to protect pigeons, weighing 314 to 384 grams, against the onset of polyneuritis was from 3.0 to 3.4 grams. These amounts represented from 17 to 20 per cent of the total feed given and from 0.82 to 1.0 per cent of the weight of the bird.

3. Rats that were declining on a ration lacking in vitamin B were able to maintain their weight when 10 per cent of pecan was added to the basal ration. The addition of 60 per cent of pecan resulted in appreciable but not normal growth.

HOW HOME ECONOMICS DEPARTMENTS WORK WITH BETTER HOMES IN AMERICA

JAMES FORD

Executive Director, Better Homes in America

Few educational branches have made greater progress in recent years than that of home economics. Concentration of effort has made the teaching of home economics increasingly practical and more applicable to the problems of actual home living. The experiments in home project work and the development of the practice house movement, as well as the constant effort in devising home economics courses that will be applicable to needs of the community in which they are given, are evidence of this fact.

The recent cooperation of the home economics groups throughout the country with the Better Homes in America movement is a notable evidence of their interest in extending their educational service to the adult population of their communities. Such phases of homemaking as, house planning and house furnishing, interior decoration, kitchen arrangement and equipment, and the use of labor-saving devices provide common ground for the Better Homes movement and the teachers of home economics. Home economics specialists on these subjects have made invaluable contributions to the Better Homes local committees. Similarly, other phases of the movement, such as house construction, encourage the cooperation of specialists in architecture, drawing, and manual training. The planning and planting of the house lot and home garden are of interest to landscape architects, garden clubs, and horticulturists. Home recreation enlists cooperation with recreation groups, the selection of home books interests the libraries and library associations, and home music, the music groups and music clubs. The time seems to have passed for educational organizations to adopt a 'laissezfaire' attitude. It is by lending and borrowing, by giving and taking that well rounded educational advancement is attained.

The Better Homes organization has an Advisory Council of 17 men and 15 women. Two of the women are home economics specialists and nationally prominent in the home economics movement—Dr. Louise Stanley, chief of the Bureau of Home Economics of the U. S. Department of Agriculture, and Dr. Katharine Blunt, president of the American Home Economics Association. The important rôle that home economics plays in the Better Homes movement is illustrated by this fact.

One of the most important functions of the Better Homes movement is the campaign that culminates in home demonstrations during Better Homes Week, which this year comes May 11 to 17. Of the hundreds of communities throughout the country that had demonstrations last year, there were comparatively few that did not have the cooperation of home economics teachers. Chairmen of large communities often appointed as many as two or three home economics teachers to head committees in the organization for the campaign. Smaller communities frequently received the cooperation of all the home economics classes in the schools.

In Kalamazoo, Michigan, the city that won the first prize for the best all-round demonstration, the home economics departments took active part, and much credit is due them for the success of this demonstration. Home economics teachers in Kalamazoo served as chairmen of the committees on equipment and on budgets. The equipment committee had charge of the general arrangement of the kitchen and bath, the lighting and ventilation, the floors and walls, and the selection of labor-saving devices. The budget committee made out a budget appropriate for a family of five persons for which the demonstration house was designed, and also in keeping with the income of typical families of the community. Copies of the budget were distributed to the visitors at the demonstration house. In addition to the work of these committees, an extensive exhibit consisting of the work done by home economics departments in the schools was displayed at a non-commercial exposition organized by the Better Homes committee.

In Atlanta, Georgia, the community that won the second prize for home demonstrations, the home economics department took over the furnishing of one of the bedrooms and the kitchen in one of the three demonstration houses, in addition to the making of the curtains for the entire house. They also had an extensive exhibit of work done by the home economics classes in the schools.

In Murfreesboro, Tennessee, and in Snyder, Texas, the home economics departments took complete charge of the campaign. Homes in these two communities were not available for demonstration purposes and so the demonstrations were held in the home economics rooms at the school building. In Murfreesboro, a town of a little over 5,000 inhabitants, the demonstration attracted 600 visitors. In Snyder, Texas, the home economics teacher with her class of 48 pupils took charge of the movement with the cooperation of outside organizations. The special features of these two campaigns were model kitchens, demonstrations of labor-

saving devices and table-setting, and the preparation of a well-balanced meal. An interesting feature at Snyder, Texas, which was characteristic of nearly all the demonstrations of last year, was its extremely small cost—only $4.50 in all.

In many of the communities where homes were demonstrated and campaigns were held, the home economics departments of the schools held additional exhibits in the school buildings. This offered an excellent opportunityto bring the work of the home economics department before the parents of the community. The most popular types of cooperation with home economics classes were demonstrations of cooking, labor-saving devices, kitchen equipment, table-setting, preparation of budgets, selection of linens, preparation of menus, the making of draperies, curtains, cushions, and dresser scarfs. These exhibits were sometimes held in the demonstration house, but more frequently space was provided for them elsewhere within easy access of visitors. In a few communities the demonstration houses were visited in body by home economics classes for the purpose of studying the plans, furnishing, and arrangement. In two or three communities home economics classes were selected to score kitchens. Whether the town was large or small the home economics teachers and students played an important rôle in making last year's Better Homes campaign successful. It is of special interest to note that the most commendable of last year's demonstrations were those that received extensive cooperation from home economics groups.

Another excellent means of coöperation of which the home economics teachers in a number of communities took advantage, in the 1924 campaign, was the opening of school practice-houses during Better Homes Week. A dozen or more of these houses were opened for demonstration purposes last year. The school practice-house was used in communities where a demonstration house was unavailable, or in addition to the demonstration house itself. This means of coöperation is invaluable, as it affords not only a demonstration of a fairly typical home but also offers a means of acquainting parents with the values derived from practice-house teaching.

The students of Penn School, a school for colored children, located on St. Helena Island, just off the coast of South Carolina, planned, built, and furnished a six room cottage which was demonstrated during Better Homes Week. The plans were drawn by one of the boy pupils, inspected and corrected as to detail, and approved after minor changes by a New York architect. Penn School wanted to build a home which would be

practicable on the island. The actual cost of this house was but $1,582; and its erection aroused intense interest and enthusiasm among the inhabitants of the island. The entire work of this most remarkable demonstration was done by the children of the school and much of it fell into the hands of the home economics classes. After the demonstration, the cottage was turned over to the school as a school practice-house and is now being used for the classes in homemaking.

The Better Homes organization is doing everything possible to encourage the opening of school practice-houses during Better Homes Week of this year. We further believe that it may be desirable and possible for the Better Homes committees in many localities following the precedent of the Penn School to interest school boards in the building of such houses and to feature them during the Better Homes Week as one of the centers of the Better Homes demonstrations.

The encouragement derived from the results of last year's demonstrations has added a new impetus and enthusiasm to the 1925 campaign. Without the coöperation of the home economics groups in the many hundreds of communities throughout the country last year the campaign would undoubtedly not have been so successful. It is the aim of the organization to conduct campaigns of only the highest educational standards and it is in the effort to maintain these high educational standards that home economists may be of invaluable assistance.

WESTERN STATES EXTENSION CONFERENCE

MADGE J. REESE

U. S. Department of Agriculture

The regional extension conference called by the State Colleges of Agriculture in the Western States and the United States Department of Agriculture at Tucson, Arizona, November 3 to 7, 1924, was a working and pace-setting conference, which brought together the directors of extension and state leaders and specialists who help in conducting the extension program in Arizona, California, Colorado, Idaho, Montana, New Mexico, Nevada, Oregon, Utah, Washington, and Wyoming. Dr. C. W. Warburton, director of extension in the United States Department of Agriculture, was chairman.

This was the second of the series of conferences,[1] which are to be continued for six years in order gradually to develop a complete program

[1] JOURNAL OF HOME ECONOMICS, 1923; 15: 727.

of extension work for the Western States. Standing committees appointed at the 1923 conference reported the progress made on the various phases of the program adopted last year and recommended certain phases for emphasis during 1924–25.

The work of the committee on human nutrition is perhaps most interesting to home economists. The chairman is Director C. W. Creel of Nevada, and the other members are A. E. Bowman, Wyoming; Mrs. Rena B. Maycock, Utah; Mary E. Stilwell, Nevada; May Segrest, California; and Miriam Birdseye, U. S. Department of Agriculture. Their report is summarized in the following paragraphs.

For future work in the Western States, the greatest need seems to be concentration on a few fundamental phases of the nutrition problem, in order to cover the field with the few workers and limited funds available. Other needs are more definite goals, expressed in concrete terms, and definite and accurate methods of measuring results.

The following recommendations were made:

1. That each state assemble data indicative of nutritive conditions and food supply.

2. That the following lines of work be emphasized in 1925 as fundamental to a unified nutrition program in the Western region.

a. Recognition of points indicating good nutritive condition.

b. Food habits for health, based on suggested food habits standard.

c. Preparation of milk and vegetable dishes and other essential foods as needed.

d. Systematic plan for food preservation, including home storage, to meet dietary needs.

e. Farm food supply adequate to meet dietary needs. Standards suggested by the committee are available; it is recommended that this work be undertaken in coöperation with agricultural workers.

f. Growth work in connection with junior extension activities. It is suggested that at first this be introduced in a limited way, to develop methods which may later be carried out on a larger scale.

3. That the United States Department of Agriculture, through its Bureau of Home Economics, provide for the attendance of a research worker at the 1925 Western States Extension Conference to report the latest findings in human nutrition investigations and to indicate their application to extension work in this region.

4. That each state undertake to educate its extension forces to the necessity for a well-developed nutrition project in the state program and to secure their full coöperation in carrying it out. This recommendation is made in the belief that the nutrition project holds a key position in any state extension program

whose ultimate objective is to develop a physically efficient and economically sound standard of rural living.

In setting forth the need for nutrition work throughout the Western States the following points need to be emphasized:

1. A well balanced ration is indispensable for normal growth of children, normal resistance to disease, maximum ability to do sustained muscular work, production of sound offspring, feeling of physical well-being, hopeful outlook on life.

2. Positive health is an economic asset because it improves morale, increases earning power, decreases expenditures for doctor, dentist, and druggist bills.

3. Nutrition teaching, by setting a standard for a well-balanced ration, encourages the production of a larger proportion of the family food supply on the farm, thus not only insuring a more adequate diet but keeping money at home.

4. Especially at the present time, the ability to do sustained muscular work, the feeling of well-being, the hopeful outlook on life, and the keeping of money at home are important elements in the success of the farming enterprise.

The data to be included in the study of nutritive conditions are to be based on

1. Physical defects of drafted men as shown by the report of the War Department.

2. Deaths due largely to nutritional conditions as shown by the State Board of Health records.

3. Physical condition of children as shown by reports of State Child Hygiene Bureaus and other public agencies.

4. Nutritive condition and food habits of children and adults as shown by records obtained through extension activities.

Approximate standards for home food production should be based on the approximate standards of consumption. Those suggested for a few of the more important food materials are as follows:

Milk. To supply a quart of milk a day for each child and a pint for each adult. So far as possible a family cow on every farm, two where there are small children. The dairy and crops department of the college of agriculture should outline for the information of nutrition workers dairy rations suitable to the different agricultural areas in the state.

Fruits and Vegetables. To furnish two servings of fruits and two servings of vegetables each day. The horticulture department should furnish information on varieties adapted to different agricultural areas, space necessary to produce required amounts, and conditions under which they should be planted.

Poultry Products. Where economically feasible, each farm family should raise 75 chickens and produce 175 dozen eggs annually for home use. The

poultry department should furnish information on poultry rations adapted to different agricultural areas.

Meat. Each farm should raise two hogs for family use where there is available pasture and waste feeds. Canning and curing of meats should be stressed where feasible. Where economic conditions are satisfactory, meat should be used to add variety and adequacy to the food produced on the farm.

The standing committees were retained to continue their studies relating to range livestock, dairying, human nutrition, and farm crops. A committee was appointed to make a study of the home management project as conducted in the Western States and formulate a proposed program for consideration at the 1925 Western States Extension Conference which will be held at the Washington State Agricultural College, Pullman, Washington.

A DIETARY STUDY MADE IN A DAY NURSERY BY THE INDIVIDUAL METHOD

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(*Continued from February*)

Diets compared with accepted standards. Since one object of the study was to determine whether the children were receiving an adequate diet and whether the nursery was meeting a just proportion of the children's needs, the attempt was made to compare the food intake with accepted standards. This comparison was complicated by the fact that the children ate only breakfast, dinner and late afternoon lunch at the nursery, and that the amount of food eaten at home in supplement to these meals varied widely.

The actual amounts of food needed by children of various ages cannot be stated with any great accuracy because the degree of activity varies so widely. However, it is probably safe to assume that the children studied should receive at least the amounts indicated in the table compiled by Gillett and Sherman (3) as the figures for active, well-nourished children have been generally found to run well above these amounts. The proportion of the total daily food which the nursery should furnish had to be arbitrarily determined. Knowing that the food received at home would in no case be equivalent to more than one good

meal (see page 144), and considering the fact that the children were at the nursery for two regular meals besides the lunch, it was assumed that the nursery should provide at least two-thirds of the maximum amounts set by the above-mentioned standard. In judging the diets, 5 years was taken as the medium age for the kindergarten children and 9 for the older group. On this basis, it was calculated that the nursery should furnish an average of not less than 1000 calories for the kindergarten children and 1300 for the older ones. The actual average consumption was found to be 800 calories for the kindergarten children and 1075 calories for the school group, both figures 200 or more calories below this conservative standard. Allowing for the fact (see page 145) that fully half the children were getting practically nothing at home and none as much as one-third of the quantity called for by the standard, the energy supplied by the average total daily diet was evidently considerably more than 200 calories below even this standard. The scarcity of fat in the diets would largely account for this low caloric intake.

When the caloric intake of individuals is compared with the two-thirds standard, some of the shortages appear still more striking. The figures for the children of school age are thus compared in Table 4, in which the entries are arranged in order from the highest percentage deficit to the higher of the two percentage surpluses.

TABLE 4

Comparison of average daily caloric intake of 40 children of school age with quantities called for by Gillett Standard

AGE	VARIATIONS FROM STANDARD		AGE	VARIATIONS FROM STANDARD		AGE	VARIATIONS FROM STANDARD	
	Calories	Per cent		Calories	Per cent		Calories	Per cent
13	−1025	−53	11	−438	−24	9	−137	−10
14	−759	−36	11	−345	−21	7	−110	−9
14	−712	−45	8	−340	−26	9	−65	−5
8	−696	−55	8	−332	−26	9	−58	−4
6	−583	−51	10	−323	−22	7	−45	−4
11	−536	−33	10	−317	−24	10	−39	−3
13	−530	−28	8	−286	−22	9	−28	−2
10	−520	−39	9	−279	−22	7	−20	−3
9	−513	−41	8	−272	−21	6	−19	−1
6	−461	−40	14	−270	−17	8	−6	0
8	−443	−35	11	−244	−15			
10	−397	−30	10	−238	−16	8	+384	+32
8	−380	−30	9	−234	−17	8	+88	+6
8	−376	−29	7	−153	−12			

Of the 80 children studied, 73 were receiving at the nursery less than two-thirds of the number of calories called for by the Gillett standard.

The average deficit among the older group was 18 per cent, but here again the average gives a less striking picture than the individual records. For more than half of this group, as seen in table 4, the caloric intake is 25 per cent below the standard; in the case of 14 children or nearly one-third of the group, it was $33\frac{1}{3}$ per cent short; and in a few it was 50 per cent.

The figures for the kindergarten children show caloric deficits almost identical with those of the school group. It is evident, therefore, that the large majority of the children were eating far less at the nursery than might reasonably have been expected. Although no qualitative data on home meals were obtained, the daily records of foods eaten at home are sufficient to show their inadequacy. Of the 80 children, 36 never had any breakfast at home and others had it so seldom that it must be disregarded as any regular addition to the dietary. Thus only 13 children, 10 of them of kindergarten age, regularly had something to eat before they came to the nursery in the morning. This was in accord with the advice of the nursery staff, who felt that it was better for the children to wait for breakfast than to eat the cakes and coffee likely to be provided by the working mothers at such very early hours.

The younger children received their last meal at the nursery about 2:30 p.m. and the older ones at 4 p.m. It consisted of a sandwich or a piece of bread and jelly and was intended merely as an after-school lunch, the expectation being that the children would have a warm evening meal at home. As a matter of fact, 38 of the children, or about half, had supper regularly every day, 4 never had it, and 38 had it irregularly. That is, 46 per cent of the older group and over 60 per cent of the kindergarten group had no suppers at all or did not have them as a regular thing. Apparently many of the mothers considered that the nursery had assumed the entire responsibility for feeding the children and felt little need for giving them any meal after coming home. For the kindergarten children, this often meant no meal from 2:30 p.m. until 9:30 the next morning.

Not only were the home meals few and irregular, but the food was often small in amount and unsuitable in kind. "Spaghetti, watermelon"; "meat, cream puff, pop"; "spaghetti, two bananas"; "macaroni, corn, pop"; "bread, meat, potatoes," are typical suppers. Even those which seemed fairly generous in quantity consisted largely of carbohydrate foods and thus added little save energy to the diet.

It appears, therefore, that instead of contributing more than the one-third of the energy called for by the standard, the food eaten at home provided less than this amount in the large majority of cases. Since the meals at the nursery almost never provided two-thirds of the daily standard and since few if any homes appeared to be furnishing the third dogmatically assumed to be their share, it seems clear that the daily caloric intake of many of these nursery children was well under the moderate Gillett allowance.

At the time this study was made the only available measure for the adequacy of children's diets in respect to minerals was that worked out some time ago by Sherman (4). This calls for 2.5 grams of protein, 0.048 grams of phosphorus, 0.023 grams of calcium, and 0.005 grams of iron per 100 calories of food intake. It should be noted that since the present work was begun Sherman (5) has, on the basis of more recent experimental work, greatly increased the calcium requirement and now states that in order to insure optimum storage a child, regardless of age, should receive daily about one gram of calcium, the amount in a quart of milk.

From these figures for protein and mineral requirements and the caloric requirement given by Gillett and Sherman, it was easy to compute the amount of protein, calcium phosphorus, and iron which children should receive according to estimates. Assuming, as in the case of energy, that the nursery should furnish not less than two-thirds of these amounts, each child's intake was compared with two-thirds of these standards.

Only 16 children, or 20 per cent, were receiving less than the amount of protein thus allowed for, and the figures in these cases were not strikingly low. Whether the homes contributed the other third is highly questionable. Seventy-five of the children were also well above the two-thirds of the earlier calcium standard. This may be accounted for by the fact that this amount of calcium is supplied by little more than a cup of milk and that nearly every child received milk twice a day. If this standard were accepted the nursery children would be considered well provided with calcium. If, however, the newer standard is used no child at the nursery received quite the optimum amount on an average for the week, though several did so on individual days and 9 of the group met or exceeded Sherman's adult standard of 0.67 gram. The average calcium for the group was 0.52 gram for the week. According to Sherman's old figures this would be enough; by his new ones, about half enough. For many individuals the figure is much lower.

Since the home food in most cases added little or no milk to the diets, the calcium provided by the milk at the nursery was practically all that the children received. This, as has been shown, was up to the earlier estimates but was in most cases decidedly below the amount now believed to be required.

In the case of phosphorus, 59 children, more than three-fourths, received as much as two-thirds of Sherman's earlier estimate. Since the home food did not furnish much additional phosphorus, it is clear that, judged by this standard, one-fourth of the children were having less than their needs. If future experimentation should prove, as in the case of calcium, that the optimum amount of phosphorus is much higher than these early allowances, figures for all the children would fall considerably below the requirement.

For iron the shortage was greater than for either calcium or phosphorus. Only 25 of the 80 children, less than one-third, averaged as much as two-thirds of the amount they should have had according to Sherman's allowance. This is to be explained by the extent to which polished rice, white bread, spaghetti, and other refined cereal products dominated the diet and by the shortage of fruits and vegetables. Milk was practically the only source of minerals in the diets, and though this supplies calcium, phosphorus, and other mineral salts, it is distinctly low in iron. Moreover, the quantity consumed varied greatly with individuals. Milk was likewise the only dependable source of vitamins in these diets, in which no butter and very little fruit and vegetables were used. Evidently the vitamins were not present in very generous quantities, though doubtless in sufficient amounts to prevent the development of actual deficiency diseases.

Summary and Discussion. A dietary study was made in a day nursery by the individual method, to determine whether the method is possible in large groups, to discover the extent to which averages represent the individuals, and to test the adequacy of the diets. With the special method developed and a fair number of workers, such a study proved entirely possible.

The assumption that foods are fairly evenly distributed among the individuals in an institution was in this instance entirely fallacious. The amount of ten of the principal foods eaten by individuals showed an astonishing range, few of the individuals being at all closely represented by the average. Age alone could not account for these differences.

Neither was the average food value of the diets typical of individuals.

The intake of calories, protein, and minerals varied greatly among the individuals, though not to so striking an extent as in the case of some of the principal foods.

The food consumption of individual children also varied greatly from day to day, contrary to the common assumption that the food habits of individuals are fairly fixed.

The inventory type of study would seem to be of limited value in determining the adequacy of the food eaten by individuals in a group. A few persons may, literally as well as figuratively, be receiving the cream of the food. Though individual studies may not always be possible or even advisable, the possibilities of such uneven distribution as have been found in this study should at least be kept in mind and the results of inventory studies used with full cognizance of their probable limitations.

The nursery, by having the children in its charge for two meals and at lunch, would seem to have assumed responsibility for fully two-thirds of the total daily food needs of the children. What the children actually received fell short of this in several respects. Among more than 90 per cent of the children the food supplied less than two-thirds of the modest energy allowance of Gillett, the average deficit for the whole group being 18 per cent, and for half of them 25 per cent or more. Twenty per cent were below Sherman's figures for protein requirement, 25 per cent below the phosphorus requirement, and 70 per cent below that for iron. Only five children fell below his early allowance of calcium, 0.25 per 100 calories, but practically all were having less than the one gram suggested as optimum in his newer estimates. The qualitative study of home meals shows that probably in no case did these provide anything like one-third of the total day's needs. The food was as a rule small in amount, and consisted very largely of carbohydrate and did little or nothing to supplement the protein, calcium, phosphorus, iron, and vitamins in the nursery diet.

The question logically arises whether a day nursery ought not to plan its meals with reference to the home diet and its deficiencies, or to advise mothers as to what foods children need in addition to nursery meals. Though this nursery diet with its milk and plain, wholesome, well-cooked foods was doubtless much better than the children would have received at home, yet it had several of the same failings as the home meals, being too largely carbohydrate and too low in fat, fruits, and vegetables. This is not surprising, in view of the fact that the cook, herself one of the mothers, planned the meals and purchased

the foods, and that there was no trained person on the staff with a knowledge of children's food needs to plan and supervise the meals, to educate the children to like the foods they should, and to advise with mothers regarding home diet. The nursery could have done far more for the children if there had been a suitably trained supervisor in charge of the feeding.

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CURRICULUM MAKING IN HOME ECONOMICS IN THE DENVER SCHOOLS

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There is, perhaps, no course of study in the school curriculum whose value and content have been the subject of so much criticism in recent years as home economics. However, the chief difficulty with these criticisms is that they are based upon mere opinion and not founded upon objective evidence. It is generally agreed that the work in home economics should be the outgrowth of the home activities and needs of the girls.

One source of material for any curriculum is to be found in an analysis of the activities which are characteristic of life outside of the school. Therefore, in order to ascertain some of the educational objectives in home economics, it is necessary to know just what the current modes and habits of living actually are. In attempting to revise the home economics curriculum in the Denver schools the committee was so handicapped by the lack of objective studies that it was decided to collect some evidence of the home activities and needs of girls to be used as a basis for evaluating curriculum materials. A questionnaire was submitted on the same day to all girls in junior and senior high schools throughout the city. The number of students represented was 5,106.

The idea of this investigation originated in the curriculum committees of the junior and senior high schools. It was carried forward by the large curriculum revision organization of the public schools under the direction of Dr. Hopkins, Mr. Armentrout, and the writer, but the major credit for the study belongs to the teachers of the home economics committees of the junior and senior high schools. The questionnaire was organized into five parts. The first dealt with activities performed daily in the home; the second, with the relative frequency of occurrence of various foods in home menus; the third, with the relative frequency of purchase and construction of different articles of clothing and household furnishings; the fourth, with the frequency of remodeling various articles of clothing and household furnishings; and the fifth, with a series of general questions on home economics activities not contained in any of the preceding.

The tabulation of the questionnaire showed the major activities performed daily in the home in their relative order of importance to be cleaning, setting the table, going to the store, caring for own room, helping with the dishes, and helping with the preparation of meals.

In order to find out whether the topics now stressed in cookery were the important ones, pupils were asked to list those foods occurring once a day for five days per week, and those occurring only three times per week. The tabulations of this information have two points of significance for the curriculum maker. First, they show those foods which are used most commonly in the home and which should be taught. Second, they show those which are frequently used but are undesirable from the standpoint of health. This means that the curriculum should include the development of such habits and knowledge as will increase the consumption of desirable foods, such as cooked cereals, fresh and cooked vegetables, salads, eggs, and soups; likewise, the development of such habits and knowledge as will decrease the consumption of less desirable foods, such as coffee, pancakes, fried meats, cake, and pie.

In order to find what should be taught in the field of clothing, students were asked to list articles which were bought ready-made, those which were made at home, and those which were sometimes bought and sometimes made. The results show very clearly that the curriculum in this field should include clothing selection, and the cleaning, repairing, and remodeling of clothing, as well as garment construction, which should meet the individual needs.

The question of the family budget and keeping of personal accounts indicates the need for a more exhaustive study of this very important

and vital problem. The limited information revealed in the answers to the question relating to the success of budgeting family expenditures perhaps justifies the curriculum maker in giving the problem of financing the home an important place in the course of study.

If we are to prevent subject matter from being isolated from situations requiring its use, the teaching of home economics should come at the time when these activities are participated in most frequently by the girl in her home. Those activities which are engaged in by the largest number of pupils should be placed in required subjects and at a period before many girls drop out of school. It is readily apparent that required work in home economics in the junior high school must place less emphasis upon skill in cookery and clothing construction and more upon the care of the home and sanitation, together with the care and repair of appliances to be used, household and personal laundry, and proper purchasing and buying. The remaining activities of lesser importance can be placed in elective courses and at a later date.

The reader should bear in mind that this survey deals solely with the field of activities. There are many other factors which would have to be considered in order to make a well-rounded home economics curriculum.

EDITORIAL

Grace Schermerhorn. The death of Grace Schermerhorn on Sunday, January 11th, came as a shock to her many personal and professional friends. The fact that she was vigorously at work at her desk at The American Child Health Association and in the field until after Thanksgiving makes her going hard to realize.

From the standpoint of home economics, her loss will perhaps be felt most keenly in New York State. As president of the State Association she made a timely contribution. Elected in 1923 when the division of the state into seven districts in accordance with the program of the New York State Teachers Association was initiated, her strength as an organizer was used to advantage. Fearless, impersonal, direct in her dealings, fair-minded, modest and unassuming, vigorous in a constructive program, and always democratic and coöperative, these characteristics made her work as president of fundamental importance at a crucial period. The New York State Home Economics Association has suffered a heavy loss and in recognition will file a copy of this statement in its records that, as the Association develops, the memory of Miss Schermerhorn's timely service may never be lost to the state.

Grace Schermerhorn's educational vision was probably most responsible for her steady and rapid professional advancement. She was graduated in 1904 from the Teachers Training School in Springfield, Illinois, the city of her birth. She took her bachelor's degree at Teachers College, Columbia University in 1912 on the basis of work at Oberlin College, University of Chicago, and Teachers College. She began her professional work in the elementary schools of Springfield, Illinois, later she taught geography in the State Normal School at Valley City, North Dakota. After specializing in home economics, she taught in the University of Idaho at Moscow and then became assistant professor of home economics education at the Iowa State College at Ames. After one year as supervisor of home economics in the city schools at Long Beach, California, she was appointed director of domestic science in the New York City schools. In her seven years of service in that position, she did a great deal toward initiating modern ideals and

practices in a large system. To the teachers in the system who appreciated educational vision, freedom from the shackles of tradition, and an opportunity to do original work, the memory of those seven years will endure. Her natural capacities were much needed and keenly appreciated, but she realized that the weight of responsibility was undermining her health.

In the summer of 1923 Miss Schermerhorn was made staff associate in The American Child Health Association. Here again her capacities for organization and her vision in educational work in a pioneer field were much appreciated, both by her co-workers in the association and by representatives of coöperating groups.

In addition to the contribution made by Grace Schermerhorn to home economics education, her life has probably made an imprint of equal importance by providing another example of professional success due entirely to intellectual fitness, personal modesty, and moral courage of a high order. Her memory is an inspiring one.

FLORENCE E. WINCHELL,
Secretary, New York State Home Economics Association.

Child Labor Amendment. The ratification of this measure is a matter to which the American Home Economic Association has pledged active support. It is the more important during the next months because strong, well-organized opposition has developed in many parts of the country. The sub-committee of the Woman's Joint Congressional Committee, on which our association is represented by the executive secretary, is maintaining its active organization. There has also been formed an organization known as The Organization Associated for Ratification of the Child Labor Amendment which maintains an executive secretary and headquarters at the office of the National League of Women Voters, 532 Seventeenth Street, N. W., Washington, D. C. Pamphlets especially adapted for present use have been prepared by it, and may be purchased at a small cost.

The ratification is being pushed in many states by legislative councils composed of legislative representatives of organizations which have endorsed the amendment, and all state home economics associations should arrange to be represented on these councils.

LITA BANE.

Euthenics at Vassar. The term euthenics, as home economists well know, was suggested by Ellen H. Richards to cover the application

of science to the control of environment in the interests of better living.

It is appropriate that its first formal introduction into education should be at her alma mater. The organization of work in euthenics at Vassar was definitely begun a year or more ago, but a general account of the origin, plans, and hopes of the movement was first published in the November issue of the alumnæ magazine, *Vassar Quarterly*.

Mrs. Minnie Cammock Blodgett, the alumna and trustee who has been most influential in bringing the new division into being, tells how a consciousness has been growing up among socially minded and home-making graduates of the need for research into the problems of parenthood and the family, and for passing on the available knowledge to the undergraduates, the alumnæ, and the community; and how a committee of the trustees made a careful study of what work was being done throughout the country, and whether something of the kind could be suitably introduced into a college of liberal arts for women. The report which they made to the trustees in June, 1922, and which was unanimously adopted, advocated the coördination of certain courses already in the curriculum into a division of euthenics.

A year later, Dr. Annie Louise Macleod, professor of chemistry and well-known for her work in nutrition, especially in vitamins, was appointed director of euthenics. In February, 1924, the committee again reported to the trustees that, after a careful study, Miss Macleod had reached the same conclusions as the committee, who accordingly asked authorization to establish a research and graduate school, a summer school of post-collegiate grade, provision for undergraduate courses, coöperation with county undertakings in health and education, and endowment to finance so large an educational undertaking. Obviously, the first four of these five proposals depend upon the last, and that is now being pushed under the enthusiastic leadership of Mrs. Blodgett.

President MacCracken, in discussing the field of euthenics, interprets its general relation to the education offered at Vassar. The extraordinary development of knowledge during the latter part of the 19th century led to its division into specialized departments, but during the last quarter century there has come a counter-tendency to develop interrelation among different departments. In his opinion a study is liberal, as opposed to professional or technical, "to the degree that is has not been compartmentalized, but recognizes and makes use of its related field, and teaches the student the place of the study in the scheme of man's thought and life," and its appropriateness in the liberal arts college

depends not so much on the character of the facts presented as upon the extent to which they synthesize those facts with other elements of thought and life. Euthenics seems to him a

department of liberal study because it is in its very nature the recognition of the interdependence of several sciences in one of the most important fields of human activity; because its organization does not begin with an elementary smattering of data under consideration but is based upon sound training in the separate sciences first, thus correcting some mistakes of the past; but, above all, because this correlation is the result of courses of study that have been established in the Vassar curriculum on account of the interest of students themselves, not purely or even primarily a vocational interest, but rather a desire to understand the degree to which modern science can help us to adapt our world to our physical needs.

The shaping of the euthenics division is discussed by Miss Macleod. Like Mrs. Richards, she believes that euthenics should develop along three lines: sanitary science, including laboratory studies of conditions, causes, and remedies; education, or informational courses bringing within the reach of all the knowledge of laws developed in the laboratory; and the relating of science and education to life. The requirements for the study of euthenics she places in four catagories:

prerequisites, made up of the elementary sciences; foundation courses to be required of all students of euthenics, namely a general course in physiology and hygiene (now required of all freshmen in most colleges), the general course in economics, and possibly social psychology; major courses in one particular line representing the student's individual interest, such as nutrition, sanitation, psychology, or economics; and minor courses relating to and supplementing the major.

The undergraduate courses already offered have been organized on this principle, and it is also to govern the future developments of the division.

Euthenics and the College of Liberal Arts. To some the introduction of euthenics at Vassar seems a revolutionary break with the traditions of the college of liberal arts, but is it? The undergraduate work now offered in euthenics at Vassar has been arranged with little more change than that of correlating courses already existing in various departments. This would not have been possible twenty, or even ten years ago. Gradually—faster perhaps than most of us have realized—

courses in the general curriculum have been added to or altered. Knowledge of the natural and social sciences that underlie efficient living has been increased and social and economic changes have inevitably shifted the emphasis and brought new 'motivation,' so that, when we now begin to analyze the studies offered, we find in them a considerable quantity of euthenics.

This is true of the other endowed colleges for women as well as of Vassar. Several of them are said to be scrutinizing their courses of study with a view of introducing some arrangement by which undergraduates may take combinations of courses similar to those being worked out at Vassar. Of course there are difficulties in the way, both real and imaginary. There is prejudice against anything suggesting, even remotely, vocational training; there is confusion between what Vassar calls euthenics and old-fashioned domestic science, the technique of cooking and sewing; there is the troublesome question of what the new group of studies shall be called, euthenics seeming too artificial and unfamiliar, while homemaking and home economics have acquired connotations which make them misleading for use in this new connection; there is the feeling that the objectives of euthenics are too vague or even practically the same as those of all education; there is the practical difficulty of building up a combination of courses which shall cover all the subjects outlined and at the same time allow for enough study in one department to give the student the intellectual experience for which the system of majors was devised; and there is the problems of bringing the faculty into line—of persuading men and women accustomed to thinking of the college courses as divided among compartments as well as among departments that the maintenance of their special subjects does not depend on the maintenance of those theoretical partitions, or of making them see that a slight change in choice of illustrative material or of laboratory experiments might give a course the desired 'slant' without in the least lessening its disciplinary or cultural value.

To Vassar—and to Mrs. Blodgett—belongs the credit of having first given notice that it hopes to overcome these difficulties.

Better Homes in America. This organization and the Better Homes Demonstration which it conducts throughout the country each spring are too well known to most of our readers (see JOURNAL, 1924, 16: pages 198 and 413) to need description here. The American Home Economics Association is gratified to have its president represent it on the advisory council of Better Homes for it wishes to do its part in furthering the plans

of this movement to improve American homes, especially the American homes which are neither so generously provided with this world's goods that they need consider only taste and convenience, nor yet so poverty-stricken that they can consider neither. That individual home economists are doing their part is evident from Dr. Ford's article (page 136). Signs point to their continued coöperation in the 1925 campaign, which culminates in the week of May 11 to 17. The pamphlets described on page 172, though intended primarily for Better Homes week, have a more permanent value because of their practical suggestions for healthful, comfortable, attractive, convenient, and moderate-priced homes in different sections of the United States.

The American Legion and Home Economics. A bulletin recently issued by the national director of the Legion's Americanism Commission to the executive officers of the Legion bears the title "Home Economics Instructions May Be A Legion Asset," and addresses Legion posts in these words: "This bulletin does not mean that the posts should conduct a cooking school or sewing circle, but that they should coördinate and get behind the agencies which are endeavoring to do this most splendid work for their community. When we were on the front in France the most popular man in the outfit was the cook, even if he did at times give us slum or roast horse and we always wished that he knew how to cook a little better than he did. Keep this in mind as you read the bulletin." The bulletin goes on to give an excellent summary of the present aims of home economics and its possible contributions to the community, and then outlines the practical steps which might be taken to arouse more interest in a community, suggesting a newspaper prize competition for well-tested recipes as a starting point, and the sale of the collected recipes as a means of financing the publicity. The way to the public's heart having been thus paved by the cookery department, the other branches of home economics are to be advertised until instruction in them is available to all whom it might benefit. It is gratifying to see that the American Home Economics Association heads the list of agencies from which assistance may be obtained and that special acknowledgment is made to its executive secretary for her assistance.

Wherewithal Shall We Be Clothed? Several of the books noted in this issue remind us of this, the third of our universal worries. Mr. Heard's "Narcissus," (page 169) takes us farthest from our personal consideration of those dear, delightful difficulties unknown to the lilies

of the field, and leaves us speculating on things more closely concerned with biology, sociology, and history than with dress patterns and dry-goods shops. It is a relief to have someone, and that a man, come forth and say what we have always privately believed, that clothes are a natural, normal, and universal preoccupation of mankind, not merely of womankind, and that their study is essential to our understanding of human development. Whether or not we agree with the theory that clothes represents a sort of halfway point in human evolution between changes in the organism of man itself and those caused by the changes produced by man on his environment, we will all agree that the way in which men clothe themselves may be quite as worthy of research as the teeth of prehistoric beasts or the tribal customs of Australian aborigines.

Another fascinating idea is that of parallelism between styles in buildings and in clothing; it makes one long to take down the books on architecture and costume design and try to do with other countries and periods what the author has done with early modern England—traced a sartorial change from the peaked cap, narrow shoulders, and slim hips to the broad, flat hat, broad-shouldered, full-skirted coat, and the broad-toed shoe contemporaneous with the architectural change from the high, pointed arch to the broad, flat one. And what of present-day tendencies? Is the current vogue for straight, one-piece dresses another manifestation of the Zeitgeist which has expressed itself in the soaring lines of the Woolworth tower? And if so, what architectural parallels shall we find for the many changes to which the female silhouette has been subjected during the last generation? The life force will work the architects overtime if it makes them keep neck-to-neck with the manufacturers of women's wear. Or do these bewildering variations in our fashionable outlines represent the turmoil of the sex in its struggle to find freedom of social expression, and, when that is over, will male and female, office building and bungalow, alike appear in an all-embracing harmony of line? When that day comes books on clothing selection will probably be as superfluous as manuals of horsemanship are to-day.

Books About Clothing Selection. At present the public seems ready to consume a considerable supply of such literature, as witness the three volumes reviewed by Miss Bostian on page 165. Compared with those available to our grandmothers or even our mothers, such volumes are vastly improved in quality. Almost all of them base their statements on the accepted theories of line, color, and design, and preach that taste is as important as money in the successful choice of clothing.

In many of them, the esthetic and economic principles are conscientiously applied and there is a sincere effort to provide practical suggestions. Unfortunately, as Miss Bostian indicates, there is often a tendency to embellish the statements with pleasant but irrelevant verbiage, and the effect is like that of a dress in which the good structural lines and the beauty of the material are lost under a mass of inappropriate, badly-placed trimming. Many such books are also permeated by the same sort of false social standards that find their way into the women's pages of newspapers, probably because somebody thinks they appeal to the reader's desire for vicarious experience in what is supposed to be high life. Whatever may be the case with newspapers, with books may one not assume that the woman who invests valuable time and money in the hope of getting better returns for her clothing expenditures would prefer common sense to pseudo-smartness?

In every part of the home economics field we have found that to translate theory into easy practice is a difficult, slow business, and that many trials must be rejected as errors before the satisfactory statements are arrived at. The science which underlies nutrition had many years' start of that which underlies clothing, and the impetus given to food selection by the war and by general economic necessity has been greater than that given to clothing selection, yet the art of teaching food selection is only just beginning and many of the books on the subject are still very unsatisfactory. Small wonder, then, if those on clothing selection are not perfect.

Mrs. Woolman, who knows more than most of us about the matter, insists that home economists occupy a strategic position for influencing the clothing selection of our girls and women (see JOURNAL 1923, 15; 503); if so, it behooves us to watch the books that appear on the subject, for they are a good indication of what the public wants. The more women come to demand clear, accurate, sensible, and at the same time time readable discussions of the art of dressing well, the more energetically the publishers will go to work to supply them.

Ellen H. Richards Memorial Fellowship. The trustees of the Ellen H. Richards Memorial Fund are instituting a campaign for increasing the Fund to $25,000, the amount set by the organizing committee. The Fund now amounts to about $8,000. It is the plan of the Trustees to utilize the income for research scholarships along home economics lines. Student clubs are requested to contribute even though in small amounts. Kindly send all contributions to Miss Cora Winchell, Teachers College, Columbia University, New York City.

OPEN FORUM

Relation of the Nursery to the Home.[1] For the past three years my problem has been that of the average American homemaker—two young children, no help, and a new home to develop in a strange community. Besides the child care and routine housekeeping and sewing, I wished to arrange and decorate the interior of our home and give my husband all his free time for work on the rough grounds, and also to keep my social and intellectual contacts. We made use of practical labor-saving devices, of course, did our work systematically, and put both children on schedules, varying the day to suit their needs. We early realized that in order to eliminate as many 'noes' as possible, a portion of the home must be given over and adapted to a suitable childhood environment. To accomplish this, we gave to the children the largest bedroom with south and east exposures and three casement windows. The walls and woodwork were painted a soft, warm gray. Jolly glazed chintz roller curtains let the tree tops and fairies in. A broad, padded toy chest brings the toddler up to the window. In this room breakfast is served to the children in the sunshine.

Ample and substantial doll furniture is being made at home, piece by piece, as the dolls' housekeeping demands become more elaborate. Our doll bed is large enough for the whole family. Our latest treasure is a corner cupboard filled with good-sized, unbreakable dishes. We (the kiddies) like a variety of pictures and have a rapidly growing stock mounted on cardboard. We like to change those about us frequently, so we have arranged a special way of using them. We cut out a rectangle of wall board, put a molding around the edge, painted it green, and hung it above the low bookcase. Each day we choose different pictures which we fasten to the wall board with thumb tacks.

The east sleeping porch, which has five casement windows, was made into a 'stunt' nursery or embryo gymnasium. Its equipment of course changes with the needs of the children. Just now they have a rope swing, a large suspended rubber ball, a walking board, a chest of large blocks cut from a planed 2″ x 4″ board, a ladder, and a blackboard.

We have tried to have a place for everything so arranged that the

[1] From Alumnæ Housekeepers Conference, Teachers College Columbia University.

children can do things for themselves. Their clothes closets have low hooks and shelves; in the family bathroom they have their own towel racks, soap dishes, low mirror, and drinking cup, and there is a stool by the washbowl to bring them up to the proper height. In the living room they have their own bookshelf, stools, and game drawer.

Outside we are developing a play yard. A plot 35 feet square has been fenced, and its rustic gate can be latched to secure the youngsters from straying while I do my tasks. At present they have a hammock, rustic table and bench where we eat lunch when possible, a sand box, a swinging rod, and garden tools. A pile of rocks gathered in one corner when the land was cleared is their greatest joy, and in it their imagination finds plates, knives, animals, and all sorts of thrilling things.

By giving the children happy places to play in and simple but interesting and varied things to play with, and by letting them have a share in the home work as soon as they can take it, we have done much to solve the problem of discipline, have developed their reliance, and have gained time for other interests of our own.

RUTH EVANS MATHES,
Wyoming, N. J.

Home Economics at Yenching College, Peking University. The home economics department at Yenching College, like those in many American institutions, is intended to serve a double purpose: to train teachers of home economics and to prepare the college girls to be better homemakers. As many readers of the JOURNAL already know,[1] the department was established on the theory that, to be of greatest service in China, its work must be adapted to Chinese conditions, and before the work of teaching began in the autumn of 1923, Dean Ava B. Milam of Oregon had made a study of school and home life in various parts of China, her observations being supplemented by questionnaires filled in by students of the college.

This information made it plain that one of the greatest needs was courses relating to the health of the family and community, and accordingly in 1923–24 those offered included child care and welfare, food problems (an elementary study of nutrition), sanitation, and one on household management emphasizing such points as family relationships and finances. The interest of the students was shown by the fact that in the second semester the number enrolled was double that

[1] JOURNAL OF HOME ECONOMICS, July, 1924, Vol. 16: 394.

of the first semester and this in spite of the fact that the home economics courses are all elective and a certain standard of English is prerequisite.

When the college opened in the fall of 1924, among about one hundred girls there were six who wished to major and twelve who wished to minor in home economics, a gratifying proportion for this new department, the more so as a gradual growth is better than a rapid one.

In the first semester of the present year most of the major students were taking such foundation courses as those in chemistry, biology, and art, and so only two home economics courses were offered, one in child care and the other in home nursing. For the second semester the plan is to have courses in nutrition, sanitation, household management, and one called special methods. This last is designed to meet the needs of present seniors who have taken home economics as a minor subject and who will no doubt be asked to teach some home economics. In this it is planned to make a study of the home economics literature available in Chinese and in simple English and, as a guide in their future teaching, to formulate a tentative course.

The department is fortunate this year in having on its staff Edla Anderson, a home economics graduate who has done advance work in bio-chemistry. She is teaching chemistry to home economics girls and will also teach nutrition. It is hoped that the girls can do work in a nutrition clinic among the children in the village, and that they will be able to carry on some really constructive investigations of Chinese foods, for such work is greatly needed.

One of the ideas of the department is to encourage students to investigate actual conditions in Chinese homes and families, both to teach them this method of study and to collect information which will aid in adapting the college courses to the practical needs of the students.

At the end of the school year of 1923–24, the girls were given a questionnaire on the care of children in the Chinese home. Many responded splendidly and seemed really interested in getting first-hand information on child life in China. It is planned to carry on some such work during the summer of 1925.

No courses have yet been offered in cooking and sewing, both because of the lack of room and equipment, and because such practical courses are felt to be less vital under present conditions in China.

Next year the University plans moving into new buildings on a new site, where there will be more laboratory space. We hope also to have a practice-house in which the girls can work out their ideas of what a Chinese home should be. The house has been made possible largely

through the generosity of two American women, genuine friends of home economics not only in America but also in China. It is to be entirely Chinese both in architecture and furnishings and it is hoped that here the students will put their training into practice and help in the establishment of higher standards of home life for China.

It is hoped that a graduate, Miss Ho Ching-An, who is now studying home economics at the Oregon State College, will on her return to Yenching take over the management of the practice house and live there with the girls.

That the idea of home economics in the middle schools of China has taken hold in earnest, is shown by requests for teachers which have come in from all parts of China. In fact, some requests were received before the department was really started. The Educational Association for the two northern provinces, Chihli and Shansi, is vitally interested in the development of home economics and the executive secretary is working actively to have the work introduced as soon as possible into every girl's middle school.

Other organizations are also interested in home economics. Last year, with the help of this department, the Peking Young Women's Christian Association inaugurated its first Homemakers Conference. It lasted for five days and each day a special subject was presented by means of exhibits, demonstrations, talks, and plays. The play is a most important method of communicating information, for in China it is indeed true that "the play's the thing." A day each was given to such subjects as the baby—feeding, clothing, and care; food for the family; health; household management and the planning, furnishing, and care of the house; and recreation for the family. One of the interesting features of the conference was the fact that more men attended than women. Because of the decided success of the venture in Peking, the national association of the Young Women's Christian Association in China has recommended the Homemakers Conference as a project for each local association.

CAMILLA MILLS,
Department of Home Economics,
Yenching College.

WORK OF THE ASSOCIATION

ANNUAL MEETING, SAN FRANCISCO, AUGUST 1 TO 7, 1925

The San Francisco Special. The special train of the American Home Economics Association leaves Chicago, July 26, arriving at San Francisco, July 31. It will be made up in Chicago, where it will receive passengers from the East, South-east, and Middle West. Passengers from other sections will join the train at Omaha, Lincoln, and Denver.

Route. Chicago to Denver, by Chicago, Burlington and Quincy Railroad. Denver to Salt Lake City, through Colorado Mountains by daylight, by Denver, Rio Grande Western Railway. Salt Lake City to San Francisco, through Feather River Canyon by daylight, by Western Pacific Railroad.

Schedule

Leave Chicago,	C. B. & Q. R. R.	10.30 P.M.	(Central time)	July 26, Sunday
Arrive Denver,	"	4.00 A.M.	(Mountain ")	" 28, Tuesday
Leave Denver,	D. & R. G. W. R. R.	4.15 A.M.	" "	" 28, Tuesday
Arrive Colorado Springs,	"	8.30 A.M.	" "	" 28, Tuesday
Leave Colorado Springs,	"	4.00 A.M.	" "	" 29, Wednesday
Arrive Glenwood Springs,	"	4.00 P.M.	" "	" 29, Wednesday
Leave Glenwood Springs,	"	6.00 P.M.	" "	" 29, Wednesday
Arrive Salt Lake City,	"	8.00 A.M.	" "	" 30, Thursday
Leave Salt Lake City,	W. P. R. R.	2.00 P.M.	(Pacific time)	" 30, Thursday
Arrive San Francisco,	"	5.45 P.M.	" "	" 31, Friday

A stop over of nineteen and a half hours at Colorado Springs has been arranged. Any one who prefers, may choose Denver and join the train again at Colorado Springs. Shorter stop overs will be made at Glenwood Springs and Salt Lake City.

Railroad rates. From starting point to San Francisco and return:

New York (1)	$138.32	St. Louis	$81.50
Boston (1, 2)	147.66	Nashville (3)	94.85
Washington	130.45	Memphis (4)	85.15
Cincinnati (1)	101.35	Atlanta (5)	105.65
Buffalo (1)	116.10	Chicago	86.00

(1) Via standard lines to Chicago. (2) Direct or via New York to Chicago. (3) Via Chicago or direct to St. Louis. (4) Via direct lines to Omaha or St Louis; via Chicago $93.20. (5) Via direct lines to Omaha or Chicago.

Pullman rates. Chicago to San Francisco, including occupancy of cars at stopover points.

Lower	$26.13
Upper	$20.90
Drawing Room	$92.00
Compartment	$73.75

For exact rates from local stations, see local ticket agent.

A detailed itinerary will be mailed later and further information will appear in an early number of the JOURNAL.

For any information regarding routes, rates, possible return routes, etc., address J. R. Van Dyke, General Agent, Passenger Department, Chicago, Burlington and Quincy Railroad Company, 179 West Jackson Street, Chicago, Illinois.

NINA STREETER,
Chairman, Transportation Committee,
5012 Dorchester Ave., Chicago.

EXTENSION SECTION

Extension people are already beginning to talk about the next 'get-together,' the meeting at San Francisco next August. The committee for the program of the Extension Section includes Madge Reese of the U. S. Department of Agriculture and five state home demonstration leaders, Louise Campbell of Michigan, Venia Kellar of Maryland, Frances Brown of Oklahoma, Harriet Eddy of California, and Rena Maycock of Utah. Their preliminary plans give promise of a program rich in interest, not only for the state home demonstration leaders with their perplexing problems of administration, but for specialists and local agents with their constant need for effective devices.

The program of work committee, under the direction of its chairman, Mrs. Rena Maycock, is developing its plan of attack, and will have a very valuable report to make at next summer's meeting. The program adopted at Buffalo made the following recommendations.

1. That the section cooperate in every way in promoting the program of work of the American Home Economics Association, emphasizing especially:

a. One hundred per cent membership of extension workers in state and national associations.

b. Cooperation with the organizations whose work follows closely the work of the Association, such as General Federation of Women's Clubs, Parent-Teacher Associations.

c. A concerted effort to interest homemakers, particularly those with home economics training, in the work of the Association.

2. That the Extension Section during the year 1924-5 give special consideration to the following points:

a. Each state to work out a definite method of presenting the field and scope of home economics extension to home economics faculty and students in the state; this information to be presented by members of the extension force.

b. Greater publicity to be given to work done in counties with home demonstration agents, to the end that a home demonstration agent may eventually be employed by every county.

c. Information as to aims and plans of the organization to be secured from each state and a summary to be prepared and sent to each state leader.

d. Work to be done on terminology for the purpose of clarifying and stabilizing extension terms.

This program reflects the spirit of extension workers throughout the nation. It voices our interest in the Home Economics Association and our appreciation of the necessity of cooperation among all agencies working for better homes. It indicates very definitely the outstanding needs of the extension service—workers, funds, and standardized units of work. It is a statement of our faith of the power of a long pull together.

MAUD WILSON, *Chairman,*
Pullman, Washington.

BOOKS AND PERIODICALS

How to Dress Well. By MARGARET STORY. New York: Funk & Wagnalls Company, 1924, pp. 478. $3.50

The Well Dressed Woman. By ANN RITTENHOUSE. New York: Harper & Brothers, 1924, pp. 216. $2.00

Dress and Look Slender. By JANE WARREN WELLS. Scranton, Penn.: Personal Arts Company, 1924, pp. 185. $2.00

The fact that every normal woman wishes to be well dressed accounts for the considerable number of books which appear on the subject. Most of those now issued recognize that, regardless of whether a woman buys her clothes ready made, has them made to order, or makes them herself, it is of paramount importance for her to be able to select them intelligently—that the individual's problem is to choose clothing which will express her personality, be appropriate to her needs, and within her income. Practically all authors of such books now advocate the doctrine that to be well dressed does not mean spending vast sums of money but rather an appreciation of the lines and proportions of the human figure, a feeling of textures, and an understanding of color such as will lead to the choice of garments suitable to the wearer's type and the occasion on which they are worn. The trouble with many of them is that they do not succeed in stating definitely, in simple terms, and with concrete examples, the practical ways and means by which the average woman can make the right selections. The three volumes here considered are in general typical of their kind.

"How to Dress Well" covers in a general way a very broad field. It differs from most other books on the subject in that it considers clothing for men as well as for women. The opening chapters deal with suitable clothing for men and women of all ages and on all occasions. The next division takes up the fundamental principles of color and design. Color is analyzed according to its physical and psychological effects; design is discussed in relation to the human form and the full meaning and effects of lines; unity in a costume is shown to mean the choosing of accessories such as hats, shoes, and gloves which belong in the picture. Following this, are suggestions for intelligent selection of fabrics, laces, and furs; methods based on budgeting are given for the forming of good shopping habits and for intelligent buying; and there are detailed descriptions of types of dress for all occasions. The concluding chapters suggest means for prolonging the life of the garment, such as daily care, the removal of spots and stains, methods of mending, and ways in which garments can be made over.

This book is verily an encyclopedia of dress. Much information has been brought together, but the impression is left that it could have been arranged in a more interesting manner if the author had a particular group of readers in mind. Much of its practical information is lost in its inspirational expressions.

"The Well Dressed Woman" is the effort to portray to women the full importance of being well dressed, and two authorities on the subject, Jean Worth and Paul Poiret, aid in the presentation. In the opening chapters Jean Worth presents his philosophy of clothes and his criterion for good taste in dressing, and cites many interesting examples. In the main part of the book the author discusses the dress problem as it should be considered by the wage-earning woman, by the mother sending her daughter to school, and by the woman who lives in a small town. Closely allied with this is the discussion of the various types of individuals and a suggestion as to what constitutes becoming clothing for each. At the close of

the volume Paul Poiret gives the art of dressing well as embodied in ten short precepts, an example of which is, "If gowns built on straight lines do not suit you, do not wear them."

This book develops the creed that simplicity is the keynote of good taste and the illustrations and suggestions given lead us to believe that this means mainly simplicity of richness. It contains many valuable suggestions, but these would probably reach more woman if they had been set forth in a more forcible style.

"Dress and Look Slender" is a story of personal experience. Beginning with the trials of being a 'stout,' the author decides to be thin. She tries exercise and dieting to no avail, so turns to clothes and decides to look slender if she can't be slender. She analyzes her problem of clothing. Her good points are first considered, then the possibilities of looking slender by optical illusions, and finally she delves into the importance of posture, shoes, jewelry, and accessories in creating the desired impression. With these fundamental principles in mind, she experiments with her old clothing; she finds cutting and fitting is of foremost importance because the structural lines must be correct, and show trimming to be of most value when simple in type and treatment. To the buying of new clothes, both undergarments and outergarments, she applies her knowledge of lines which give distinctiveness and length, of colors which recede, and of materials which have 'slenderizing' characteristics. She concludes with "ten chief rules in a nutshell" to help in the solution of the problem.

This book reads easily, allowing you to follow the writer pleasantly from one step to another in the solution of her problem. Not only is it of value for the group for whom it is especially written, but its many practical, concrete solutions of dress problems will be of help to any woman.

After reading these and similar books one feels that there is nowadays no excuse for the woman of leisure and means not to be well dressed. Their statements of the principles of selection are sufficiently accurate for her to learn how to choose suitable clothing if she will take the time and effort to study them, and if she can search and pay for designs that will apply them to her own needs. But what about the busy woman who cannot devote so much time to dress? Even if she understands her needs, can she count on being able to supply them in the brief moments she can give to selection? If she takes what the salesperson offers during her short shopping expeditions she may be obliged to lower the standard she has set for herself and her family and to forego the satisfaction and confidence which come from feeling well-dressed. We recognize the social barriers which the wrong clothes set up, but we have not yet succeeded in making it easy to avoid them. The more well-written, sensible, accurate, and practically usable books on clothing selection come into circulation, the better the chances will be of knowing and of being offered those garments which we really need to be well dressed.

MARGARET M. BOSTIAN,
N. S. Bureau of Home Economics.

Home Conveniences. By F. W. IVES. New York: Harper & Brothers, 1924, pp. 219. $1.50.

That most households now include more or less mechanical equipment is now taken for granted, as is also the need of reliable information regarding the choice, operation, and care of such devices. In this little volume of some two hundred pages Professor Ives has brought together in well-organized shape a surprising amount of information concerning various types with which the modern householder must deal.

Chapter titles include such topics as Heating Appliances, Home Laundry Equipment, Plumbing Fixtures and Accessories, Refrigeration for the Household, The Electric Motor and its Application, and Methods of Getting Water into the House.

The especial features of each type of device with its good and bad points are considered in a simple, matter-of-fact style which is a welcome change from the semi-patronizing tone of much of the writing on

this subject, which assumes at the start that nothing short of the best can be made to serve.

The information given in the book is of especial interest and value to the owners of rural homes where many of the conveniences must be of home planning, construction, and operation.

The volume is well illustrated and indexed and is deserving a place on the householders book shelf and also among reference books in home management.

A. R. VANMETER,
New York City.

The Economy of Human Energy. By THOMAS NIXON CARVER. New York: Macmillan Company, 1924, pp. 281. $2.50.

How best to utilize the supply of human energy is one of the fundamental problems of economics, and one in which home and political economics are both vitally concerned. In spite of its basic importance, however, it has not often been analyzed or discussed in detail; in fact this book by Professor Carver of Harvard University is a pioneer in its attempt to develop systematically the argument that national prosperity and the maintenance and advance of civilization itself are matters of economizing human energy or working power. "How to apply the energy developed in the bodies of this generation so as to make it possible for the largest number of people to live and to live as well as possible in this and subsequent generations is the ultimate economic problem for each and every generation." To live well may mean, to some, sloth and idleness, or perhaps a gluttony of pleasant sensations, physical or spirital; or it may mean play activity, physical or mental, without regard as to results; but to the author it means an energetic life, that is, a life in which the energy of the body is not only made kinetic but is so applied as to enlarge the possibilities of human life or to enlarge the stream of human energy. Professor Carver finds that those individuals and societies which predominantly enjoy productive work survive and progress. The progress that we call civilization is a collective name for the multiplicity of forms in which human energy is stored (not strictly in the physical sense). Thrift and high standards of living, or those desires that take precedence over effective desire for offspring, increase the process of storage or accumulation, both in the form of production goods and in that of permanent consumption goods.

The significance of the energy argument to home economics is seen throughout the book. In the chapters dealing with the "Food Motor" and "Food and Population," the principle is applied to food production and use. Other portions deal with personal ethical qualities in relation to well-being, and here again a movement concerned with quality of home life will find important points of departure, as is indicated by the chapter headings: Economic Value of Moral Qualities; How much Civilization Can we Stand; Where Human Nature Balks; Idleness, Ignorance and Vice as Sources of Waste.

Broad ways of getting more for humanity from the output of human energy are next presented under such chapter headings as Tapping New Sources of Energy (power), Organization and Division of Labor, and the Investor as Director of Human Energy. Dr. Carver's recommendation to the Radcliff students who asked him about going into social work, "Why not go into investment banking?" may seem materialistic, but if it is materialism, it is for the sake of the good life. To persuade an invividual to put $500 into a railroad bond or $25 a month into a building association, is not only advantageous for the individual, but it helps build a railroad or a house as a result of which more people can get a good living permanently.

The last chapters discuss the importance of leadership in production, the nature of production as service, and the duty of society to check the 'predator' and reward the producer, and they contain some significant observations on the family as a group bound together by a higher degree of affection than exists toward others, and the economic results of this "unevenness of affection."

In spite of the fact that the book discusses fundamentals, the thought is so well or-

ganized and so clearly expressed, and the sustained theoretical argument is made objective by such well-chosen illustrations that the ordinary reader can follow without superhuman effort. Because it does thus make clear to the layman something of the underlying significance of commonplace social and economic phenomena, it is likely to be widely read. It should prove a valuable addition to the scanty economic literature suitable for reference use of home economics classes in high schools and colleges, and home economists will welcome the stimulus it gives to their own thinking.

Such a view as that presented in this book tends, however, to be a partial one. It needs to be supplemented by a survey of the consumption processes that will give guidance for the use of wealth just as this argument lays emphasis on the production of wealth. The reviewer cannot but express the hope that Professor Carver will add to this indispensable volume another equally indispensable which will further elaborate the relation of economic consumption to human welfare.

B. R. ANDREWS,
Teachers College, Columbia University.

BOOKS RECEIVED

Scientific Research and Human Welfare. By FRANKLIN S. HARRIS with collaboration of NEWBERN I. BUTT. New York: The Macmillan Co., 1924, pp. 406. $3.00.

A book by the president and research assistant of Brigham Young University in which the main facts of modern scientific progress and their effect on civilization are brought together for the benefit of the ordinary reader; arranged under the topics of health, communication, transportation, illumination, agriculture, engineering and mining, manufacturing, and the home; classifies and briefly discusses agencies now engaged in research; considers the effect of scientific progress on the philosophy of life, quoting well-known scientists to show that the research spirit is not incompatible with religion; well-written, with material so presented that the reader sees clearly the relation of research to the improvement of living conditions.

The Body in Health. Revised Edition. By M. V. O'SHEA and J. H. KELLOGG. New York: Macmillan Company, 1924, pp. 376. $.96.

Third volume of the Health Series of Physiology and Hygiene for use in the intermediate grades of the elementary school; deals with the structure and processes of the body, including the psychology of the senses; discusses the effects of alcohol, tobacco, tea, and coffee under the heading "Drug Enemies of the Body"; includes chapters on "Germ Enemies," "Contagious Diseases," and "Health Crusaders"; gives height-weight-age tables, brief tables of food composition and 100 calorie portions; well-printed and freely illustrated.

The Commonsense of Health. By STANLEY M. RINEHART. New York: George H. Doran Company, 1924, p. 307. $2.50.

A reprint of a volume first published in 1920, and based on articles in the *Saturday Evening Post;* discusses various phases of hygiene and eugenics under such captions as "On Catching Cold," "Pneumonia, the Apache," "What are you Afraid of?" and "The Birthright"; conveys generally accepted ideas on physical and mental health in popular, semi-jocose style.

Children in Need of Special Care. Cooperative Social Research by Simmons College School of Social Work, Boston Council of Social Agencies and The Women's Educational and Industrial Union, Report No. 2. By LUCILE EAVES and Associates. Boston: Women's Educational and Industrial Union, 1923, pp. 125. $1.25.

Studies based on over two thousand records obtained from thirteen social agencies having headquarters in Boston and mostly working with children, and analyzed with the help of students of statistics in Simmons

College and holders of research fellowships in the Women's Educational and Industrial Union; includes two special studies, one of children of widowers, arrested parents and of families broken by separation, desertion, or divorce, and one of public intervention in Massachusetts for the protection of children in need of special care.

Dietary Ditties and Other Songs. Music by Walter Howe Jones. Words by Winifred Stuart Gibbs. Boston: M. Barrows & Company, 1924. 10 sheets in heavy paper folder. $1.00 per set, $.10 a sheet.

Twelve songs from "The Children's Book of Food Verses", reviewed in the Journal for November, 1924, now set to simple tunes such as children can easily learn and enjoy, with accompaniments for the piano.

Coffee Merchandising. A Handbook to the Coffee Business. By William H. Ukers. New York: The Tea and Coffee Trade Journal, 1924, pp. 245. $4.00.

A volume by the editor of *The Tea and Coffee Trade Journal* intended primarily for the trade, but containing information of interest to general readers and students of food products or cookery; discusses the history, cultivation, marketing, and preparation of coffee, including home methods of brewing and suggestions for obtaining satisfactory coffee; embodies the results of the work done at the Massachusetts Institute of Technology for the Joint Coffee Trade Publicity Committee. The illustrations include reproductions from old cuts and pictures of coffee-making devices.

Narcissus. An Anatomy of Clothes. By Gerald Heard. New York: E. P. Dutton & Co., 1924, pp. 150. $1.00.

The part played by clothes in human development, discussed by a young Englishman in a volume of the To-day and To-Morrow Series; develops the theory that the human evolutionary process is now manifesting itself more apparently in the changes produced by man on this, the closest factor of his environment, than in strictly biological changes; draws a parallel between the development of styles in architecture and in clothes, taking its illustrations, especially its modern ones, almost wholly from men's dress; not always clear or easy to read, but forceful, entertaining, and thought provoking.

A Laboratory Manual of the Anatomy of the Rat. By Harrison R. Hunt. New York: Macmillan Co., 1924, pp. 123. $1.25.

A volume by a professor of zoology in the Michigan Agricultural College; intended primarily for students of zoology, but useful for reference in connection with rats used in feeding experiments.

The Metropolitan Museum of Art. A Handbook of the American Wing. By R. T. H. Halsey and Charles O. Cornelius. New York: The Metropolitan Museum of Art, 1924, pp. 283. $1.00, postage 10 cents.

Prepared for the opening exhibition in the wing given by Mr. and Mrs. Robert de Forest and devoted to American art; describes the development of art in this country as illustrated by the valuable collections of furniture, silver, glass, china, and other household equipment, and the rooms in which the woodwork, decorations, and furnishings are those brought from the houses in which they were originally placed; arranged to illustrate three periods of American art: from the beginnings of New England to the first quarter of the 18th century, from that time until the early republic, and from then until 1825; contains excellent pictures of typical or historically interesting examples; gives an exceptionally authoritative, readable history of American art as developed in house furnishings during the first two centuries of what is now the United States.

Art in Our Country. Washington: The American Federation of Arts, 1923, pp. 162. $1.56 postpaid.

The outgrowth of a pamphlet originally compiled by Mrs. Everett D. Pattison and published by the General Federation of

Women's Clubs; lists the principal works of art in the United States, arranging them by cities and towns, of which 672 are included; cites examples of public and private buildings, monuments, statues, mural and other paintings, old craftsmanship, and landscape design; indicates the general character of museum collections; intended to serve as a handbook for the use of travellers and of students of American art.

The Appraisal of Real Estate. By FREDERICK M. BABCOCK. New York: Macmillan Co., 1924, pp. 380. $3.50.

A volume in the series giving a standard course in real estate as outlined by a joint commission from the National Association of Real Estate Boards, the United Y. M. C. A. Schools, and the Institute of Research in Land Economics and Public Utilities; also volume III of Macmillan's Land Economics Series; emphasizes the scientific, professional character of the subject; includes discussion of the economic foundation and elements of real estate value, and methods of appraisal for different types of property, with working tables and formulas; technical in character, but containing, especially in the earlier chapters, information of value to students of housing who are somewhat familiar with economic theory.

Food Facts for Every Day. By FLORENCE E. WINCHELL. Philadelphia: J. B. Lippincott Co., 1924, pp. 107. $ .86.

ABSTRACTS FROM PERIODICALS

HOME ECONOMICS EDUCATION

W. W. Charters. Five Factors in Teaching Ideals. *Elem. School Jour.* 1924, 25, 264.

"The development of ideals is the most important work of the school. Honesty is more valuable than arithmetic and industry more important than geography." Information is a means to an end, but this end should be the development of valuable traits of character.

1. Create the desire for the ideal in the individual. The specific method of creating a desire for the development of high ideals will differ widely in different situations, but it is dependent upon the ability of the teacher to discover within individuals the characteristics to which he can appeal. Sometimes it is a vocational urge which is dependent upon definite traits in character, sometimes it is love or admiration for a person or thing. It remains for the teacher to discover the best method.

2. Diagnose the situation. Weak traits in personality do not appear without underlying causes, though the same weakness in different individuals may have different underlying causes. Therefore it is necessary to diagnose each individual situation, for success in developing a trait is based on the ability to counteract the cause of the weakness. It remains then to provide incentives which will create the desire.

3. Develop a plan of action. Sometimes an individual can make his own plan but more often it is necessary to make a plan for definite application of the ideal to the ordinary events of life. Desirable traits of character are developed only when there is actual application in concrete situations.

4. Require practice. No one will practice an ideal unless it gives him satisfaction. If there is no satisfaction in honesty and goodness, then inevitably honesty and goodness are not practiced. Satisfaction is the reward for the development of ideals. Sometimes the reward is internal and sometimes it is in praise or recognition of the practice of the ideal that gives satisfaction. Sometimes the ideal is practiced because of discipline. At any rate, an ideal is practiced best when reduced to habit and it then becomes a part of the personality.

5. Generalize the ideal. An ideal has its widest influence in the life of an individual when he so generalizes the ideal that it applies to all situations.

If an individual desires to follow an ideal, knows intelligently how to apply it, actually

practices it and then applies it consistently in all situations the ideal will most surely be a part of his personality. The school must recognize the fact that personality can be developed, even though the teaching of ideals possesses no such exactness as the teaching of information. Teachers must recognize that the teaching of ideals must have a definite instead of incidental place in the curriculum.

William H. Kilpatrick. Why Education is Changing. *Jour. Educ. Method.* 1924, 4: 134.

The rapid changes in education are set forth in this article. The development of science is given as the cause for the changes in aim, curriculum, and method. A child is not educated in school alone, but by the home, the church, the community, and the larger world without. Education does not consist in schooling only but in the ability to know life, to know people, to recognize the important issues of the day, to form sound judgments, to build and maintain an interest in the things that count in life, and to be a leader of men. The development of characteristics such as these is an important part of the educational process.

A comparison with the education of our forbears brings out the point that opportunities in present family life are restricted. The fact that children to-day are largely onlookers and have no responsibilities for the success of the home and fewer opportunities to participate in home, social, or political activities tends to make of them economic liabilities. The lack of home responsibilities tends to develop indifference toward matters of public welfare. The complexity of government and the intricate problems of capital and labor are difficult to understand, so they are not interpreted by parents for their children.

The restricted family life has also meant a lack of contact with concrete things and lack of development of the useful skills. All this has meant that education must assume a larger part of the total educational work. In other words, the part which has been subtracted because of changes in home life and the development of urban life, must be added to the school responsibilities. The school is bound to take up the duties relinquished by other agencies. What the home and family cannot and will not do the school must undertake. This is brought forward as a justification for vocational education in schools.

Again, where business formerly offered apprenticeship as a phase of education it now offers much less. On the whole business demands relatively more and offers relatively less. The school makes good the difference. The community in proportion to what it comprises is less educative because children understand fewer of the public affairs and here again the school must make up the deficiency.

The problems of moral education are even more involved but the changes will be increasingly rapid in the future. The vast number of new discoveries brings new inventions and consequent changes in industrial life. Our life and education must keep up.

It is the duty of the school to prepare young people for this changing world, to prepare them to expect and look for changes, and to make adjustments. It represents the difference between teaching children what to think and how to think. The shifting of the opportunities of the home and community makes it imperative that the school assume the teaching of young people how to attack new problems, to judge new situations, to learn principles of action, self reliance, and adaptability.

Daniel H. Kulp, II. The Educational Implications of Trends in Neighborhood and Community. *Teachers Col. Rec.*, [N. Y. C.] 1925, 26: 407.

The author's contention is that a neighborhood or community can best be understood or evaluated through a study of its effects upon the growth of personality. A child's capacity and the social arrangements about him are the conditioning factors within which he works out his destiny. There is a very close relationship between the biological raw materials and societal raw materials.

Certain investigators in testing the reli-

ability of mental measurements now claim that mental measurement is a quantification of acquisition during the child's experience, which may be affected by lack of food, disease caught under bad societal arrangements, or personal crises arising out of cruel or inhibitive treatment by parents or guardians, and that only secondarily is innate capacity measured.

Corresponding to mental measurements must go cultural measurements which analyze and evaluate culture traits. It would be possible with such a culture scale to take account of neighborhood and community influences upon personal growth. By combined use of mental and cultural measurements it should be possible to predict fairly accurately the course of development in personality in particular types of social situations. This would be of great assistance in improving educational guidance and formulating educational objectives.

A child, through the period of infancy, has the close, intimate relationships of the family. This provides the conditions for earliest development. The child acquires an organized and unified set of behavior schemes under guidance. Non-conformity to such behavior schemes is promptly corrected. By the time a child is three he enlarges his contacts by the neighborhood, and whereas in the family group he was influenced by the father, mother, brothers, and sisters, in the neighborhood he is subjected to companionships of people more or less like himself in age and sex. As he grows older he finds that he has expanded his experience outside of the home and neighborhood and thereby become more adequate to judge of such new schemes of behavior as he encounters.

Success in terms of development of personality depends upon unity between the norms in behavior schemes of the family, the neighborhood, and the larger community. The neighborhood should function as a mediating agency between the simpler family relationships and the more difficult adjustments of community life. Misconduct occurs when there are widely conflicting norms in behavior schemes, but is rare when the latter are identical or vary only slightly.

The present situation is growing more complex because the schemes of behavior in the house, playground, school, clique, workshop, and camp are conflicting and widely varying. Even in a family such wide divergences in standards of behavior occur that home life becomes difficult. Neighborhoods tend to disappear, community life is expanding, and efficiency and adequacy are increasing. But we may be securing adequacy at the expense of stability in personality. People are exhibiting mental conflicts because of so many differences in behavior schemes, which thus threaten not only personal safety but the continuity of society.

The school will be better able to meet its problems when the social situations in typical communities have been analyzed as to groups, their purposes, activities, and values. There will be a better basis for the determination of certain objectives of education when there is more recognition of relationships between groups and a deeper study of the conflicts in behavior.

F. Z.

NOTES AND CLIPPINGS

Better Homes in America. Two attractively printed pamphlets have been issued in anticipation of Better Home Week to be celebrated May 11 to 17, 1925. Publication No. 7, A Handbook for prospective Home-Owners, by John M. Gries and James S. Taylor, is a revision of a pamphlet first issued by the Division of Building and Housing, U. S. Department of Commerce. Publication No. 8, Guidebook of Better Homes in America, tells how to organize the coming campaign. The pamphlets may be purchased for 15 cents a copy from Better Homes in America, 1653 Pennsylvania Ave., Washington, D. C.

Housing Problems in America. This annual publication of the National Housing

Association, the last volume of which was reviewed in the JOURNAL for May, 1924, is the great source of the housing and town planning movement in America. Home economics libraries not already in possession of a file will be glad to learn that the Housing Association has recently come into possession of a limited supply of some of the earlier volumes of the series and can furnish volumes 2 and 4, at $1.00 each, and volumes 7 and 8, at $2.00 each. Address 105 East 22nd Street, New York City.

Japanese Epidemic. A very serious epidemic has recently been sweeping Japan which has been variously spoken of as infantile paralysis, and 'sleeping sickness,' but is apparently an unidentified disease for which the Japanese authorities have not yet been able to discover the causative microorganism or devise a method of control. According to the *Science News Letter* the disease attacks old rather than young persons, rarely affects more than one person in a household, comes on suddenly with a high temperature, after a day or two causes loss of consciousness and a slightly maniac condition, and results in death in from five to ten days or else leads to recovery. The U. S. Public Health Service is watching the the situation carefully, but up to the first of the year the disease had not appeared in this country.

A Worker for Homemakers. Greifswald University, it is reported in *School and Society*, conferred an honorary degree on Margaret Behm, member of the German Reichstag and president of the Women's Homeworker's Union, in recognition of her services in raising the legal, health, and social status of women houseworkers.

How to Carve. A well-illustrated booklet with this title is issued for free distribution by the Home Economics Department of Swift and Company, Chicago.

Almonds as Food. U. S. Department of Agriculture, Department Bulletin No. 1305, by A. F. Sievers and Frank Rabak, is entitled "Utilization of Almonds for Various Food Products" and discusses such products as salted almonds, almond butter, confection, paste, and powder, and their keeping qualities and methods of production.

Technical Bulletin on Canning. A recent publication of the U. S. Department of Agriculture, Department Bulletin No. 1265, by C. A. Magoon, and C. W. Culpepper, describes experiments with spinach, peas, string beans, corn, and sweet potatoes, discusses the effect of the various processes, and includes valuable though incomplete lists of technical and non-technical publications on the subject.

Child Welfare in a Colonial Home. The *Public Health Nurse* for December prints a picture of one of the two charming rooms occupied by the Salem (New Jersey) Child Welfare Association. They are in the old Johnson mansion, admittedly the finest specimen of the 17th century architecture in the county, and have recently been equipped with modern conveniences and redecorated and refurnished in keeping with the architecture of the house. The furniture is old, but has been done over by members of the committee in charge, who have also done much of the actual work of decorating, making curtains, and even pulling rag rugs. Thanks to their efforts the cost has been kept low, and the place serves as a model of how a home can be made attractive for little money.

Prize for Good Teeth. According to *Social Service Administration*, the Allied Dental Council of New York is offering a silver loving cup to the public school having the greatest number of children with good teeth.

Oranges and Lemons. Two series of lesson leaflets, each on the uses of these fruits, have been issued by the California Fruit Growers Exchange. No. 1, a series of 20 lessons, is intended for the use of teachers and is entitled "Domestic Science Lessons"; the other, "Dietetic Lessons," includes

6 leaflets planned for the special use of nurses. Copies will be sent on application to the California Fruit Growers Exchange, Domestic Science Department, Box 530, Station C, Los Angeles, California.

Nutrition Laboratory Carnegie Institution. Among the lines of work mentioned in the annual report of the director, Dr. F. G. Benedict, is an article on "Physical Factors in Predicting the Basal Metabolism of Young Girls"; a study of the metabolism of the white rat, with special reference to metabolism during growth and with varying environmental temperatures, carried out by Professor Grace MacLeod of Teachers College, Columbia University; and an investigation of the methods of studying the metabolism and nutrition of children made in coöperation with Dr. Ederer of Budapest and Dr. Talbot of the Massachusetts General Hospital.

The Red Cross Courier. This official publication of the American National Red Cross, beginning with its fourth volume and the issue for January 1, 1925, changed from a weekly to a semi-monthly publication. The general character of the articles remains as before, but the size of the pages has been reduced to 9 by 12 inches, a shape which gives it more dignity and allows for easier filing in most libraries.

Household Mechanics. An article by C. E. Steidtmann and Arthur J. Scott in the *Industrial Education Magazine* for January contains information of interest to students of household equipment and management. To learn what mechanical jobs most frequently needed doing in the households of pupils in the manual training department of the New Orleans public schools, the authors sent lists of household repairs to their families with the request that those be checked which had been needed during the last year. Over a thousand papers were returned, and on them thirty-two jobs were checked by more than a hundred households. The ten items most frequently checked, and the number of checks for each were as follows: Electric iron, 374; knives sharpened, 367; plumbing (leaky pipes), 362; faucets, 319; kitchen sink (unstopped), 310; locks, 303; fuses replaced, 302; screen door and windows (wiring), 297; tools (broken handles), 287; painting work, 277. In general the authors find that this corresponds with a similar list published by Logan R. Fuller in the *Journal of Educational Research*, Vol. 3.

U. S. Bureau of Standards. The recent publications listed below may be of interest to home economists; copies may be purchased from the Superintendent of Documents, Government Printing Office, Washington D. C., at the prices quoted. U. S. Government Master Specification for Plain, Inlaid, and Printed Linoleums, Circular No. 190; 5 cents. Bed Blankets, Cotton, Wool, and Cotton and Wool Mixed; Simplified Practice Recommendation No. 11; 5 cents. Development of the Standard Numbered Cotton Duck Specification. Study of Methods of Test and Tolerances, by Chas. W. Schoffstall and Russell T. Fisher, Technologic Papers No. 264; 10 cents. Specifications for Constructing and Operating Heat-Transmission Apparatus for Testing Heat-Insulating Value of Fabrics, by P. D. Sale, Technological Paper No. 269; 10 cents. Performance of a Liquid Laundry Soap used with Textile Materials, by F. R. McGowan and C. W. Schoffstall, Technological Paper No. 273; 10 cents. A Radiometric Investigation of the Germicidal Action of Ultra-Violet Radiation, by W. W. Coblentz and H. R. Fulton, Scientific Papers No. 495; 20 cents. The Use of United States Government Specification Paint and Paint Materials, by P. H. Walker and E. F. Hickson, Technologic Papers No. 274; 10 cents. Paints and Varnishes, Limitation of Variety Recommendation No. 1; 5 cents. Recommended Minimum Requirements for Plumbing in Dwellings and Similar Buildings, Special Publication, Housing Division; 35 cents.

NEWS FROM THE FIELD

KINDRED INTERESTS

National Conference on Outdoor Recreation. The executive committee at its November meeting decided to conduct a three-year survey of the nation's recreational facilities, including national, state, country and municipal parks and forests. It was announced that the $85,000 necessary to cover the cost of the survey had been made available from a source not yet made public.

National Conference for Social Work. June 10 to 17, 1925, is announced as the date of the 52nd annual conference to be held in Denver, Colorado.

The Industrial Cooperative Arts Service. This is an organization of teachers for mutual benefit with offices at 1254 Amsterdam Avenue, New York City. It is extending its plans for service during 1925 to teachers concerned with the industrial arts in the elementary schools, and home economics supervisors and teachers whose work in the grades is related to industrial arts education will find it to their advantage to get in touch with this service.

Industrial Art. The General Education Board has made two more grants to the American Association of Musums to further the cause of industrial art in the United States. The first, of $1000, is to be applied to the cost of circulating carefully selected exhibits of American textiles, ceramics, glass, and other products. The second, of $10,000 is for bringing to this country and exhibiting here the finest specimens of European decorative art to be selected from the exposition of modern decorative and industrial art which is to be held in Paris next summer.

United States Civil Service Dietetian. An unassembled examination for dietetians is announced, applications to be rated as received until June 30, 1925. The examination is to fill vacancies in the Veterans Bureau and the Public Health Service, at entrance salaries ranging from $1020 to $1680 a year.

The duties of the position are to purchase all food supplies, plan all menus, and to supervise the preparation and serving of all dietaries in the hospital, both for patients and personnel. Competitors will not be required to report for examination at any place, but will be rated on their education, training, and experience. Full information and application blanks may be obtained from the United States Civil Service Commission, Washington, D. C., or the secretary of the board of U. S. civil-service examiners at the post office or custom-house in any city.

International Council of Women. The sixth Quinquennial Convention will be held in Washington, May 4 to 14, 1925. National councils from 34 countries are affiliated in this organization. The one for the United States includes representatives of 38 women's organizations.

National Social Work Council. This is a newly formed conference group of leading social agencies and is intended to keep the member organizations informed of one another's activities and to bring about economy of effort. The organizations are: American Red Cross, American Social Hygiene Association, Boy Scouts of America, National Health Council, American Association for Organizing Family Social Work, American Association for Labor Legislation, International Committee of Young Men's Christian Associations, Girl Scouts of America, Young Women's Christian Association, National Organization for Public Health Nursing, National Child Labor Committee, National Tuberculosis Association, Playground and Recreation Association of

America, National Association of Travelers' Aid Societies, and National Consumers League. The first executive-secretary of the council is David H. Holbrook.

National Committee for Mental Hygiene. The officers for the current year are: Honorary president, Dr. Wm. H. Welch; president, Dr. Charles P. Emerson; vice-presidents, Dr. Charles W. Eliot and Dr. Bernard Sachs; treasurer, Frederic W. Allen, and secretary, Clifford W. Beers. The plans include surveys in Texas and on Staten Island, N. Y., and the continuance of the child guidance demonstrations and clinics started under the direction of the Committee and financed by the Commonwealth Fund, until the communities in which they are established are ready to support them permanently.

National Good Roads Essay Contest. The preliminary notice of the 1925 contests for the four-year university scholarship offered by H. S. Firestone through the Highway Education Board announces that the subject will be "Economies Resulting from Highway Improvement." All students of high school grade are eligible, and the essays, not to exceed 700 words in length, are to be submitted by May 1 to the Highway Education Board, Willard Building, Washington, D. C. Details of the rules for the contest may be obtained at the same address.

Child Welfare Committee. Application for incorporation in New York State has been filed by this new organization, which has been formed largely through the efforts of Miss Sophie Irene Loeb, and the purpose of which is stated to be "as far as possible to secure home life for every child, to prevent the placing of normal dependent children in institutions and to prevent pauperism among children. To promote the study, investigation, and revision of mothers' pension laws, to raise the standard of child welfare, to investigate and report facts about child welfare problems, to secure the adoption of proper standards of child welfare, to aid in the enforcement of laws concerning child welfare and to form, when and where necessary, auxiliary associations for promotion of child welfare." Among the directors are August Heckscher, Col. H. H. Lehman, Margaret Woodrow Wilson, Mrs. Oliver Harriman, and Dr. H. Dwight Chapin.

International Council of Nurses. The 1925 Congress is to be at Helsingfors, Finland, July 20 to 25, and about 200 American nurses had by December signified their intention of going to it. A transportation committee is working out plans by which the party can travel together via Liverpool.

Institute of Child Welfare Research. Professor O. W. Caldwell has been appointed acting director of this new project at Teachers College, Columbia University. He and Dean Russell are ex officio members of the administrative board on which are also Professors R. J. Leonard, E. L. Thorndike, and Patty S. Hill. One of the first activities of the Institute is to be the granting of scholarships to well-qualified young women preparing for special work in nursery school, child development, and parent education.

Child Health Magazine. The American Child Health Association announces that since the January issue the publication of this magazine has been discontinued and that a bulletin to be issued in its stead is to form the basis of a widely-distributed news service.

Modern European Industrial Art. This is the subject of the 1925 Scammon lectures to be delivered by Professor Charles R. Richards at the Chicago Art Institute, March 3 to 19. He is expected to show recent tendencies in England, France, Germany, and Vienna, with a description of the modern movement in Sweden, Denmark, Holland, and Switzerland, and a final lecture on present French decorative and applied art. It is expected that the lectures, like others on the Scammon foundation, will later be published in book form.

NEBRASKA

Home Economics at Organized Agriculture Meeting. Following the annual three-day conference of the extension workers of the state, the home economics section of the Organized Agriculture held its annual state meeting at Lincoln, January, 6, 7, and 8. "Making the Most of the Farm Home" was

the general theme of the program, which was built up around discussions of child training, of music in the home, artistic value in home furnishing, and beautifying the farm home grounds; the speakers included Alma Binzel of the Federation for Child Study; Bess Rowe of Farmer's Wife; C. H. Diggs of the Iowa Agricultural Extension Service, and Fannie Buchanan of the Victor Talking Machine Company. One of the most stimulating sessions was that given over to reports made by the women delegates from the various counties on the year's accomplishments in their project work with the home economics extension service.

The resident home economics department was hostess to the women from all parts of the state at a box luncheon and an informal reception. Mothers with small children appreciated the nursery in which their children were cared for under the direction of Ruth Staples of the home economics department.

An annual event of growing interest is the Farmer's Family Fun Feed, in which all those attending the meeting of Organized Agriculture and the Agricultural College staff meet for a banquet. It is one of the big events of the year and is supervised by the home economics department.

Nebraska Wesleyan University. A happy solution of the Christmas food lesson was found, when Y. W. C. A. furnished money for supplies and the food classes made cookies for the Mothers Jewels Home at York.

University of Nebraska. Alice Bradt, head of the design division of the home economics department, was called to her home in Lowell, Massachusetts, by the illness of her mother and will not be in the department this semester.

The Home Economics Club gave its annual Christmas tea for all home economics students and faculty on December 18th, an occasion always permeated by the Christmas spirit.

Lincoln. The city schools are in the midst of a great building program—two junior high schools and four elementary schools in progress. In each of the six new buildings hot lunch accommodations are being provided. When completed, this will mean hot lunches in twelve of Lincoln's public schools, all of which are under the supervision of the home economics department. This will facilitate research in food habits.

The new household arts department will be located in the new building for South High School, work on which will start soon. The growing enrollment made it necessary to plan this new department much larger than the present one. The food laboratories are to be built on the unit kitchen plan, with six kitchens in a laboratory. The clothing laboratories are planned to accomodate about thirty-two girls.

Nebraska State Teachers Association. The Home Economics Section met in the Technical High School at Lincoln. Miss Margaret Fedde, presided, and Miss Rose Shonka, director of home economics in the Lincoln schools, spoke on "The Relation of the Home Economics Section to the District Association, the State Association, and the Nebraska Educational Association." It was suggested that the home economics meeting be held just preceding or following the meeting of the Nebraska Educational Association meeting.

Omaha. The Home Economics Club of South Omaha High School, with a very active membership of seventy girls, has applied for affiliation with the American Home Economics Association. This group provided gifts to be distributed by the Community Chest at Christmas, and recently dramatized a fairy story for the Child Saving Institute. Their endeavor is to develop friendship, community activity, home life, and leadership.

Adult Education. There is a growing tendency among school superintendents to expend the work in homemaking by encouraging courses which, while not requested, are evidently needed. If the program is based only on requests, the demand for the work of well-known, effective teachers may make the program one-sided, and the residents will not realize what other valuable courses might be offered.

In Sidney the evening school program will be offered for ten weeks. Mrs. Taylor,

who is the wife of a local physician, a trained nurse, and the mother of two children, will again teach the course in health. She is planning to give as a first unit, instruction in nutrition for mothers of the undernourished children who are being given milk by the Woman's Club, of whose civic committee she is chairman.

In Columbus two new subjects are being added this year—Home Health and Mother Training.

NEW ENGLAND

New England Home Economics Association. *Social Workers Section.* A nutrition seminar is being conducted during the winter, with Dr. Alice Blood as leader, to discuss current literature. The first meetings have been devoted to articles on obesity and similar conditions, and on foods used in the treatment of children's diseases.

Miss Helen Knowlton, assistant professor of home economics at Massachusetts Agricultural College, was speaker at the general meeting in charge of the Social Workers' Section. She spoke of the Triangle of Nutrition which has been enlarged in range of field, in volume of literature, and in number of nutritional studies. Miss Knowlton has worked out a program for health education in elementary schools, based upon her experience with children of varying ages at the state sanatorium in Westfield, Massachusetts.

The problem of group housing was discussed by Edith S. Tufts, dean of residence at Wellesley College, in a lecture sponsored by the Section. Miss Tufts concludes that each institution or school must work out its own problems, after comparing notes with others similarly situated. Experience at Wellesley leads to the belief in houses with 100 students as the unit, each with its own dining hall, supplemented by one or two houses one-half as large. Classes should not be segregated but each house should have students from all four classes.

Homemakers Section. "Use of Leisure," the topic running through the winter program, is being treated from three angles: Routine that allows for Leisure, Financing the Home to Free the Mind from Worry, and Present Day Opportunities for Use of Leisure. Mrs. Caroline Bixby, chairman of this section, is making a definite contribution to the homemakers through a lecture demonstration in home management.

News Letter. The Association plans to issue this in January, March, and May, 1925.

NEW YORK

New York State Home Economics Association. The executive committee met on December 29th to discuss state problems and consider the program for the spring meeting of the Association. Grace Schermerhorn,[1] the president, was ill in the hospital, and in her absence Miss Myrtle Caudell, the vice-president, took the chair.

The state has been divided by the New York State Teachers' Association into seven districts and the Home Economics Association has followed the same division, each district to handle its situation in its own particular way. The executive committee is pleased with the progress that has been made during the fall and early winter months, and feels that there is promise of strong work in the future. The divisions of the state and their organization are as follows:

Northern District: Franklin and St. Lawrence Counties. There are only about twelve teachers of home economics in the district; they have an informal organization, but have not as yet affiliated with the state association. Ada Colburn is the unofficial representative.

Western District: Cattaragus, Chautauqua, Erie, Genesee, and Niagara Counties. This district is well organized. The president is Mrs. Anna Gemmell, Buffalo State Normal.

Central Western District: Alleghany, Livingston, Monroe, Ontario, Orleans, Wayne, and Wyoming Counties. This district is not yet organized. May Benedict, Mechanics Institute, Rochester, is the unofficial representative.

Central District: Cayuga, Hamilton, Herkimer, Jefferson, Lewis, Madison, Oneida,

[1] See page 151.

Onondaga, Oswego, and Seneca Counties. The organization has been completed. The president is Lena B. Munger, supervisor of household arts, Utica.

Eastern District: Albany, Clinton, Columbia, Dutchess, Essex, Fulton, Greene, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Ulster, Warren, and Washington Counties. This district was organized in October, 1924. The president is Anna Randolph Keim, New York State College for Teachers, Albany.

Southern District: Bromme, Chemung, Chenango, Cortland, Delaware, Otsego, Schuyler, Steuben, Tiogo, Tompkins, and Yates Counties. This district is not yet organized. The unofficial representative is Cora Binzel, Cornell University, Ithaca.

Southeastern District. Nassau, Orange, Putman, Rockland, Suffolk, Sullivan, Westchester, Bronx, Kings, Queens, Richmond, and New York Counties. The Home Economics Association of Greater New York forms the nucleus for this district. It is being enlarged to include the other counties. The president is Helen Louise Johnson, 1 Lexington Avenue, New York City.

Spring Meeting. This will probably be held April 13th and 14th, with headquarters at the Hotel Commodore, New York City. Notices will be sent to all members as soon as plans are more definite. The meetings on Monday will include the business meeting, a luncheon, and probably two general talks. The evening will be reserved for theatre goers and suggestions of different types of plays will be given. Tuesday will probably be devoted to meetings of more special nature. Teachers, institution administrators, extension workers, homemakers, women in business, student clubs, and other groups will discuss their individual problems in separate meetings. The executive committee is particularly anxious that student clubs of the state send special representatives to the meeting. Miss Emma Conley is chairman of the program committee.

Western New York Home Economics Association. The annual business meeting was held on November 13th at the close of the morning session of the New York State Teachers Convention.

For the purpose of creating a social atmosphere as well as the professional, it is the plan of the association to hold three supper meetings and one luncheon meeting. "Home Economics as a Factor in Community Life" has been selected as the topic for consideration, and as each meeting is to be in charge of a different section, there will be opportunity for discussion from various interesting angles.

Cornell University. The staff of the School of Home Economics recently pledged a fifty dollar scholarship for the training of native Chinese students in home economics at Peking University. The need for funds for this work is to be presented to Frigga Fylgae, the undergraduate association of home economics students, and it is anticipated that some action will be taken by the students toward supporting a scholarship in China.

Each member of the staff who is responsible for teacher-training classes is pledged to visit three schools in which home economics graduates of the University are teaching this year and to observe the quality of teaching, the relation of the school to the community, and the teacher's place in and contribution to the community. These observations will be used as the basis for possible changes in teacher-training work. An especial effort will be made to prepare teachers to take an active part in the community as well as to improve their methods of teaching.

Twenty students from the new department of hotel management at Cornell visited New York hotels in December to observe how the organization is conducted, from the work of the bellboys to that of the manager.

Teachers College, Columbia University. Professor Winchell was on leave of absence during January to visit colleges and schools on the Western Coast.

Mrs. Sherman, of the General Federation of Women's Clubs, and Mrs. Woolman were at the college on January 10th for a conference on economics in the home.

On Twelfth Night (January 6), Foods and

SUMMER SESSION
OREGON AGRICULTURAL COLLEGE
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New Ideas at O. A. C.

It was in a California journal, the Bulletin of the California Home Economics Association (Southern section) for October, and interesting for the completeness of the story. Naming one of the high school teachers, the item explained that she "*attended Summer Session at O. A. C., which gave her so many new ideas that she came home and reconstructed her entire course of study.*"

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Cookery was at home to its friends in the table service laboratory, 201, which was decorated appropriately for the occasion. Wassail and Elizabethan honey cakes were served.

Miss Emma H. Gunther recently visited schools and colleges in Virginia and North Carolina.

On January 22nd, Miss L. Ray Balderston gave a demonstration, "The Housewife's Care of Woods in the Home," in the auditorium of Wanamaker's Store under the auspices of the store's home budget service.

William Smith College, Geneva. The students in home economics organized a Home Economics Club this fall. Any student majoring in home economics is eligible for membership. The plans of the club are at present centered in raising funds for additional furnishings for a living room of the practice house. A fashion show and tea were recently given by the advanced clothing students.

OREGON

Oregon Home Economics Association. The Christmas meeting, held in Portland December 30, was novel and unusually interesting, as the mothers and homemakers of the state were featured on the program. The relationship between home economics as taught in the schools and practiced in the home was the general topic of discussion. The points most strongly emphasized by both mothers and teachers were the growing importance of teaching the 'ethical-psychological' or spiritual side of homemaking and the need for continued study of the problems of the modern home. There was a large attendance of teachers and homemakers.

Oregon Agricultural College. The School of Home Economics is issuing a calendar for 1925 in twelve different installments, each emphasizing some special phase of homemaking such as food for the family, the school wardrobe, finances and budgets, child care, meal planning and table service, interior decoration, or home nursing. The photographs on the front of each page show college scenes and illustrate the subject for the month, while the back is devoted to information and references for the homemaker.

PENNSYLVANIA

Pennsylvania Home Economics Association. The annual meeting was held in Erie on December 30th and 31st, at the time of the Pennsylvania State Education Association. Dr. Henrietta Calvin, the first president of the Association, presided. The speakers included Lu M. Hartman, state supervisor of home economics; Julia Wade Abbott, director of kindergartens, Philadelphia; Genevieve Fisher, professor of vocational home economics teacher-training, Carnegie Institute of Technology; Elizabeth Beye, division director, nutrition service, American Red Cross, and Mrs. Anna G. Green, state supervisor of home economics who, as councilor, gave a report of the Buffalo meeting and outlined a program of work for the association for the coming year. The new officers are: President, Louise Turner, The Pennsylvania State College; vice-president, Mrs. Henrietta B. Calvin, Philadelphia; secretary-treasurer, Mrs. Edith D. Davison, Allegheny County.

Philadelphia Home Economics Association. The members have been particularly fortunate in the speakers at the meetings this year. The first was a dinner meeting at the Emergency Aid, followed by a clever lecture recital by Mrs. Anna S. Payne of New York, on the topic "An Excellent Thing is Woman." For the second meeting, three splendid speakers, were procured: Miss A. Keenan, who told about "Some English Experiences in Relation to Home Economics;" Miss Dorothea Beach, who described the Buffalo meeting of the American Home Economics Association; and Dr. Henrietta Calvin, who related some of her interesting experiences and observations at the Merrill-Palmer School. At the January meeting, held at the Wellington Hotel, Mrs. Mary S. Woolman, of Boston, spoke on "Economic Buying of the Wardrobe."

State Department of Public Instruction. The home economics division is coöperating with Miss Brown of the University of Minnesota by trying out in some of the Pennsyl-

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vania schools objective tests for measuring the educational progress of pupils in home economics. These tests include one on the breakfast unit and one on the use of the sewing machine.

Mary Palmer, formerly county supervisor of home economics education in Chester County, is now assistant professor of home economics education at the Farmington Normal School in Maine.

RHODE ISLAND

Coöperative Nutrition Bureau of Providence. An extensive piece of work is being done in Providence under the direction of Margaret M. McDowell, with Charlotte M. Haupt, Dorothy Cummings, Elizabeth E. Shedd, and Isabel Stanley as assistants. The bureau is a private organization, financed by the Providence Tuberculosis League and the Providence Housewives League, but is carrying on its work among the underweight and undernourished children in 23 public grammar and primary schools. All the Providence school children are weighed twice a year, and the underweight children are put into classes which meet once a week for 20 minutes. Approximately 1200 children are now enrolled. As soon as possible after the classes are formed each child is given a complete physical examination by Dr. John I. Pinckney of the Providence Tuberculosis League and one of the school physicians. This year, plans are being made to conduct, along with the physical examinations, a thorough study of food and health habits, which, when tabulated, should prove both interesting and instructive.

One of the most important parts of the work is the home visiting. An initial call is made before the examination, to acquaint the mother with the work of the class, and to urge attendance at the examination. Subsequent calls are made as seems necessary. The work is carried on in different sections of the city, so that children from all types of homes are reached.

During the five years in which the work has been in progress, the percentage of underweights among the school children has decreased from 24 to 17 per cent. The ever-increasing interest among teachers, parents, and all persons and organizations interested in child welfare, raises the hope that in the near future the work can be extended to reach all the school children in Providence.

TENNESSEE

East Tennessee Home Economics Association. The annual meeting was held at the State University at Knoxville, on October 31. There was an unusually large attendance and a very enjoyable program.

Amanda Ebersole, teacher-trainer at the University, explained the use and aims of the new two-year course of study in home economics for Tennessee. Mary Sweeney was the principal speaker, and her talk on "The Woman of Tomorrow and What Home Economics Will do for Her" was received with much interest and enthusiasm. Oma Worley, representing the department of extension, gave a brief account of its work in the state.

The following officers were chosen for the coming year: President, Esther Bracken, University of Tennessee; secretary, Kathryn McMurry, Maryville College, Maryville; treasurer, Mrs. J. D. Cliett, Tyner.

TEXAS

Texas Home Economics Association. The following officers were elected at the autumn meeting: President, Jessie W. Harris, State Department of Education, Austin; vice-president, Leloise Davis, South Park, Beaumont; secretary, Lucy Rathbone, University of Texas; treasurer, Mattie V. Craddock, College of Industrial Arts, Denton; state councillors, Lucy Rathbone, University of Texas, and Helen Burton, West Texas Teachers College, Canyon; section chairman: extension, Jennie Camp, A. and M. College, College Station; foods, Katie Boyce, Southwest Texas Teachers College, San Marcos; clothing, Greta Smith, College of Industrial Arts, Denton; institutional, Selma Straip, University of Texas.

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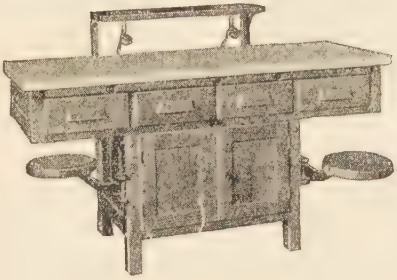

The above is an illustration of our No. 402 Table which accommodates two students. It is also made in a double type to accommodate a group of four students, the stoves then being placed on the ends of the table.

We recently mailed six different equipment plans for the domestic science department to a number of leading home economics supervisors, asking their opinion of them from the standpoint of efficiency. The plans represented six standard plans which we have been called upon to furnish equipment for. Of the six plans, one was unanimously chosen as the best! We have prepared a booklet containing this plan, which will be distributed free to those interested. However, we have prepared only a limited number of booklets and, therefore, urge that you act promptly if you desire a copy.

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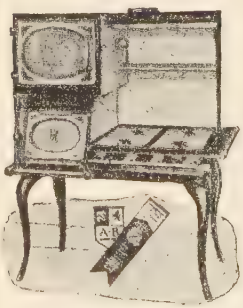

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WASHINGTON

Seattle Home Economics Club. The regular meeting was held December 4, 1924, at the Commons of the University of Washington. After dinner Mrs. Henry Landes, president of the city council, and Emiline Whitcomb of the U. S. Bureau of Education spoke. Mrs. Landes discussed the diastrous effect produced on dance halls by the recent transfer of their supervision from the women's division of the police department to the police department proper. Miss Whitcomb spoke on the place of home economics in education, showing its relation to other branches of study, such as history, geography, sociology, and economics.

Several letters were read in reply to a communication sent to ten thousand people asking their views and ideas regarding home economics as a grade, high school, and university subject. It is expected that the substance of the information received will be put into a usable form.

Seattle Schools. The lunch rooms operated by the school board under the direct control of the school principals and Boys and Girls Clubs, with a head cook in charge, are showing most satisfactory results.

State College of Washington, Pullman. Ida M. Smith has resigned her position as supervising dietitian, Irene Harrington has been appointed in her place, and May Brookshier, who was graduated from Kansas Agricultural College in 1917, has been appointed assistant dietitian to fill the vacancy left by Miss Harrington.

University of Washington. Helen Hubbell, who did graduate work in the home economics department last year and taught classes in dietetics, is dietitian in the new school of nursing at Yale University; she gives instruction to the nurses, is consultant in dietetics, and gives bedside instruction to patients.

The following graduates are on the extension staff at Cornell: Gertrude Thomas, '21, Irene Dalziel, '23, Carrie Williams, '20, Kathleen McBride, '24, Florence Elrey, '24.

Jessie Scott, '24, has been appointed instructor at the University of North Dakota for the year, taking the place of Marion Stephenson, '20, who is on a year's leave of absence and studying in Paris.

Gladys Peterson, '21, is instructor in millinery at Oregon Agricultural College.

Frances Reedy, '22, is manager of dining rooms at the Women's University Club.

Ruby Hutchinson, '23, who was an assistant in the Commons last year, is dietitian at Ellensburg State Normal School.

Florence Bateson, '24, is student dietitian at Johns Hopkins Hospital.

May Stewart, '17, is manager of the lunch room at the new Jason Lee Junior High School, Tacoma. About 700 pupils are served every noon.

The home economics department has recently entertained the following distinguished guests: Dean Milam of Oregon Agricultural College, Miss Whitcomb of Washington, Miss Dyer of the University of Cincinnati, and Professor Cora M. Winchell of Columbia.

Grace Gillett, formerly head of the home economics department at New York State Teachers College at Albany, is the new supervisor of vocational home economics for the State of Washington with headquarters at Olympia.

WEST VIRGINIA

West Virginia Home Economics Association. The annual meeting, held in connection with the home economics section of the State Education Association, was at Bluefield, October 24. The first item on the program was the meeting of executive committee, at which a plan was formulated for asking the home economics section of each of the Teachers Round Tables of the state to appoint a representative member of the state executive committee. This is believed to be a forward step in the better organization of teachers of home economics that will lead to a definite state home economics program.

The teachers of West Virginia, are organized into round tables, thirteen in all. The first attempt to form home economics sections was made last year, and up to the present these have been organized in the Greenbrier Valley Southern West Virginia, Centra

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West Virginia, and Monongahela Valley. The high percentage of attendance of these round tables has been encouraging and more will be organized before the present school year is finished.

A home economics luncheon, planned and served by the home economics students of the Beaver Pond High School, was a delightful feature of the day. The speakers were representatives of the state and local parent-teacher associations.

At the general session in the afternoon Betty Eckhardt, district home demonstration agent, Charleston, spoke on "Home Economics in Rural Schools through 4-H Club Work," and Gertrude Kiger, Beckley High School, on "Suggestions for Teaching Costume Design in High School."

There were also sectional round tables for teachers in university and college, high schools, and junior high schools.

The following officers were elected: President, Katherine Kearney, city supervisor of home economics, Charleston; secretary, Ardella Farrarr, Keystone High School, Keystone.

West Virginia University. Phi Upsilon Omicron entertained the new girls in the home economics school at tea on September 24th. The rooms were tastefully decorated with a perfusion of autumn flowers in the fraternity colors, yellow and white. Miss Rachel H. Colwell, head of the department of home economics, and Edith Reed, president of the fraternity, were at the head of the receiving line. After refreshments were served, chrysanthemums were given as favors. The chapter members of the Phi Upsilon Omicron are: Edith Reed, Marie Austin, Freda Kestor, Mable Sidell, Helen Andrews, Marian Richards, Charlotte Reed, Eleanor McClung, and Dorothy Bone.

Jean Richmond, who is assistant professor in home economics education in place of Miss Breck, has been teaching in the University of Iowa for the past four years. She obtained her A. B. degree from the University of Illinois and her master's degree from the University of Iowa.

H. Goodard, a graduate of the University of Wisconsin, has been appointed assistant in home economics and in applied arts and clothing.

Nellie Nisbill, who received her M. S. degree from the Universiy of Chicago, has also been added to the teaching force of this department.

WISCONSIN

Milwaukee-Downer College. Susan West director of home economics, studied at Columbia University during the spring and summer sessions of the last college year, her major work being nutrition.

Jennie Rountree is doing graduate work during the present college year at the University of Chicago.

Esther Bierman, '24, is a demonstrator in the home service department of the Washburn-Crosby Flour Company. She has been working in Massachusetts and Kansas.

Leane Rutledge, '22, is in charge of the laboratory work in the domestic science department of R. B. Davis Company, Hoboken. She reports a large demand for and circulation of the 'lesson plan' or booklets on foods. The booklet on Christmas Suggestions has had a particularly wide circulation.

Dorothy Stewart, '17, is in charge of the diebetic extension dining-room at University Hospital, Ann Arbor.

The National Dairy Association held an exposition in Milwaukee the first week of October, during which they held a menu contest. Six classes on menus were opened. Students from the dietetics course entered three of these classes and received first and second prizes in two and first, second, and third prizes in the third class. Three senior students of the department have entered the prize essay contest conducted by the American Chemical Society, two students working on the relation of chemistry to the home, and one on the relation of chemistry to health and disease.

Stout Institute. Elizabeth Solter, assistant state club leader, talked to the home economics students on the work of the boys and girls clubs and urged the importance of teachers assisting in this work. Some of the

faculty and students later had the opportunity of meeting Miss Solter at a dinner in the college tea room.

Students recently enjoyed an exhibit of costume dolls. A few of the dolls depicted the styles of ancient times, but the most of them showed the changes in costumes during the 60 years from 1864 to the present. The exhibit was loaned to the clothing department by the Tennessee Chapter of the Fashion League of America.

The art history class exhibited a collection of Medici prints during the week of November 11th. The members of the class arranged the pictures, managed the finances and the publicity, and planned the program. Each evening several short talks were given by the girls or members of the faculty. Each talk was limited to one particular phase of the art represented in the exhibit and was planned to bring to the audience certain knowledge that would aid in the appreciation of the pictures.

A mutual benefit scheme has been worked out by the 11th grade clothing class of the practice school and the college costume design class. The 11th graders were making wool dresses and needed help in planning the decoration. So each college girl worked with one of these girls and together they planned as interesting and original schemes as possible, considering the following points: suitability to personality, coloring, and age of girl; individual taste; amount of money and kinds of material available; and technical ability of the girl. Thus the high school girls had the advantage of a number of the suggestions and the satisfaction of knowing their problem was considered important by a college group. The college girls, in turn, received splendid training in the analysis of a real situation, in the application of art principles to a practical problem, and in methods of correlation of work in a public school. When the dresses were completed a special show was arranged so that the girls could exhibit the finished garments to the costume design class.

FOREIGN

La Foire Gastronomique de Dijon. A fourth annual fair to glorify food and drink was held in November, 1924. The feasts and fairs for which Dijon has been famous since the time of the dukes of Burgundy give it an historical background for its claim to be considered the gastronomic capital of a nation of good cooks.

Each day a different one of the famous dishes of Burgundy was served at every restaurant of the city and shown with its appropriate garnishes in the main hall of the fair. Some of the best known specialties were on the menus every day.

Booths in the main building showed local foods known all over France. *Pain d'épices*, something like our spice cake, but sweetened with honey and with anise as the predominating spice, appeared in innumerable fancy shapes with decorations of candied fruits. One of the most highly prized dishes was snails cooked and combined with a paste of garlic and fresh butter. All of the local wines were shown, and there was a splendid exhibit of mustard.

Commercial firms had booths for all sorts of household devices, and also for agricultural machinery. Another interesting feature was the display of antique furniture, showing the contrast between houses of today and of olden times.

Among the diverting displays in the parade of floats representing the local organizations concerned with food, was a table showing a medieval Bergundian feast, a huge golden snail with a long-haired princess driving it, and a mustard pot large enough to hold the mustard for a small city.

Japanese Children Safeguarded. Japan has notified the United States Department of State of its ratification of two draft conventions adopted by International Labor Conferences. Under one of these conventions the employment of children under 14 on vessels is prohibited; under the other, medical examination of children under 18 employed on vessels is made compulsory.

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Journal of Home Economics

SOAPS

MARTIN HILL ITTNER, PH.D.

Chief Chemist, Colgate and Company, New York

Soap is used primarily to remove dirt. It is the best cleansing agent for general use known to mankind. Dirt is any foreign material the presence of which is objectionable. Some types of dirt such as salts, molasses, and sugars are soluble in water without the aid of soaps and may be removed by water alone. Other common types of dirt are grease, soot, and finely divided earthy particles. These adhere to clothes, are insoluble in water, and cannot be removed by water alone, but their removal is generally effected with ease with the aid of soap and water. Some stains adhere tenaciously to clothes and require special chemical and physical treatment for their removal.

A great deal has been written in efforts to explain the cleansing action of soap, some of these "explanations" serving only to confuse, although the behavior of soap solution is really well understood when certain simple facts are not obscured by irrelevant matters. Explanations depending upon the collodial character of soap and the so-called "adsorption" of dirt by soap being greater than the adsorption of dirt by fabrics are more a matter of definition than of real explanation.

It is well-known that soap solutions readily wet nearly every kind of surface. They possess a slippery, lubricating character. They possess an extremely low surface tension even in dilute solution. If you take a drinking glass that has been used and try to wash it with plain water you will notice that you cannot get rid of the greasy coating on the glass. You cannot pour pure water from such a glass without having the water adhere unevenly to the sides. The greasy condition is very apparent. A soap solution, however, will wet the sides of the glass readily and spread evenly over the whole surface. This same property causes soap solution to penetrate and wet fabrics and the dirt that may be deposited on them. Soap suds are very effective in wetting most forms of grease

and dirt and, with the aid of mechanical action, in loosening these from fabrics and other surfaces. Particles of grease and many other forms of dirt thus detached by soap solutions and mechanical action are readily broken up into smaller particles each of which becomes surrounded by a film of soap solution producing what is known as an emulsion. The soap films which surround the particles of dirt and intervene between these and the surface being washed prevent the dirt from again becoming attached. The low surface tension of the soap solutions leaves almost no tendency for these particles of dirt to remain attached to the surface being washed, and as rinse waters containing a small amount of soap also possess a low surface tension, they further aid in the complete removal of dirt. The lubricating action of soap solutions multiplies the effectiveness of mechanical action, thus aiding in detaching and emulsifying dirt.

Although the cleansing action of soap is mainly mechanical, it is well known that soaps in solution dissociate with the formation of a mild alkaline reaction, and there is no doubt that this produces an added cleansing effect in some cases, both of a solvent character and because of an increased tendency towards emulsification of grease and other foreign material.

If one expects to dispense with mechanical action, one must resort to agents such as bleach and free alkalies possessing strong chemical or solvent action. For this reason, the so-called "rinsing soaps" are not pure soap but contain a considerable excess of free alkali, and this agent, which is destructive to some fabrics, is really depended on to cut the grease and dirt instead of removing it by gentle emulsifying action. As a matter of fact, the mechanical action necessary to rinsing is largely responsible for the cleansing obtained with the use of "rinsing soaps" and they would be more effective if applied with some prescribed mechanical action.

Soaps are produced by a simple chemical process from various fats and oils which belong to the class of chemical bodies known as esters. These fats and oils may be either animal or vegetable in origin. This chemical process is known as *saponification* and it is usually brought about by cooking the fat or oil with soda lye or caustic soda, a form of alkali. During the process of saponification the fat is attacked by the alkali with the formation of two products, soap and glycerine, and the alkaline qualities of the lye are mollified and very largely used up. Glycerine is a by-product of saponification.

The soap is boiled in large kettles by means of steam and, after re-

peated washings with strong salt solution or caustic alkali for the removal of impurities, it is subjected to a "settling process" which divides it into two sharp layers, the upper, larger layer consisting of pure, almost neutral "settled" soap, and the lower layer containing practically all the excess alkali and other impurities. For laundry soap, the pure settled soap, which is liquid when hot, is pumped off and "framed," or may be mixed in "crutchers" with a small percentage of sal soda solution or silicate of soda. These tend to make the soap work a little better in water that is hard and the demand for such soap is very large. The soap is allowed to chill in moulds or "frames" holding half a ton or more, after which it is cut into slabs and cakes, dried, pressed, and wrapped by machinery.

It is easy to understand that soaps made from various and different fats and oils may naturally possess properties quite different from one another. The up-to-date soap manufacturer aims to have finished products which will possess certain desirable properties. This may be accomplished by proper selection of his raw materials. An illustration of this commonly met with in practice is the incorporation of both coconut oil and tallow into soaps where free lathering qualities in cold or lukewarm water are desirable and where a close suds with great cleansing power is also desirable. A soap of this kind well-made and with the materials properly proportioned will lather readily in cool or even cold water, because of the greater solubility of the coconut oil soap contained, and will wash better and go further when used with hot water, because of the tallow soap contained. Such a soap when pure is an effective cleaner and mild in character and forms the commonest and probably the best base for toilet soaps and some laundry soaps.

Another very important soap material is rosin, obtained from the pine tree produced during the manufacture of turpentine. Rosin differs in some respects from fats and oils but resembles them in that it will form a soaplike body with cleansing properties when treated with alkali. Rosin does not exist as such in soap, but rosin soap is present to the extent of about twenty-five per cent in most yellow laundry soaps and gives them their free lathering qualities, owing to the fact that it is more readily soluble in cold water than tallow soap.

Rosin ordinarily costs less than most fats and oils used in the better soaps. For this reason, soap containing rosin soap can be and is sold at a lower price than would be possible with a soap of equal cleansing properties made without rosin. Because of this fact, where white soaps are sold for laundry purposes to compete with yellow soaps, it is cus-

tomary to introduce some cheapening material in order to more nearly establish an equal basis of cost. To accomplish this, the practice is growing up of incorporating large quantities of silicate of soda in white laundry soaps. Some of these contain as much as forty per cent or more of silicate of soda—a very cheap material.

It is not the intention here to convey the impression that silicate of soda is not a proper ingredient of some soaps. It possesses some detergent qualities and also some preservative and water-softening properties. It is well to bear in mind, however, that silicate of soda is by no means equal to pure soap in washing qualities and that when excessive quantities are used there is a corresponding sacrifice of washing qualities. Such a soap for most purposes is not so good as it would be if it contained only a moderate amount of silicate of soda, and does not possess such good washing qualities as the better grades of yellow rosin soaps.

Flake soaps and chip soaps are generally made from settled soap by machinery. They should be thoroughly dried. In order that flakes for washbowl use shall dissolve rapidly in lukewarm water they are made very thin and with a fairly large content of coconut oil soap. If made without excess alkali they are ideal for the laundering of fine, delicate fabrics.

Soap chips are probably the most suitable soap for use in washing machines either in the home laundry or in commercial laundries. They dissolve readily in hot water and are both convenient and economical. Some of them are made with a large content of sal soda or silicate of soda. It is better that they should be made of pure soap without excess alkali as they may then be used with safety on all fabrics. The commercial laundries often find it advantageous to add sal soda or some type of "modified" alkali and the practice is not uncommon in the home. Where the water is very hard and plain cotton and linen fabrics are to be washed this practice is often helpful if scalding temperatures are avoided. The use of Javelle water or bleach followed by a "sour" or acid rinse is not uncommon, especially in commercial laundries. This treatment is far more destructive to vegetable fibres than sal soda or silicate of soda.

For some household cleansing purposes a perfectly pure soap is not necessary and one containing a considerable amount of free alkali in the form of sodic carbonate or sal soda may be both more economical and more effective in use. The so-called soap powders are the best example of this class of soap. For scouring, dish-washing, and laundering badly soiled clothes soap powders will be found very useful, but their careless and indiscriminate use in the laundry is apt to end in unsatisfactory results.

Scouring cleansers consist of a very large percentage of mineral abrasive material mixed with a small proportion of soap and sal soda. They are suitable for scouring sinks, floors, kitchen utensils, and other articles.

During the last few years there has been a considerable sale of the so-called naphtha soaps. These contain a small amount of naphtha or kerosene which is claimed to make them more efficient for cleansing. Such claims are founded on the fact that gasolene is used in some dry-cleaning processes to extract grease and other soluble forms of dirt from clothing. This use of naphtha is so well-known that the use of the word in the name of a soap is calculated to convey the impression to the user that such a "naphtha soap" will have the same efficiency. Whether or not this is true should be considered together with the fact that a large proportion of the so-called naphtha soaps on the market contain kerosene rather than what is commonly looked upon as naphtha and in amounts not over one-half of one per cent. This would mean that not more than a few drops of "naphtha" or kerosene would ordinarily be present in a small wash, so that any efficiency which these soaps really possess is probably due almost entirely to the soaps themselves and not to naphtha. The so-called white naphtha soaps belong mostly to the class of heavily silicated soaps and are not suitable for washing delicate garments nor so suitable for general laundry purposes as a pure soap.

Floating soaps owe their floating property to a large amount of incorporated air. Because of this property they are very suitable for the bath. They may be used for toilet and laundry purposes, but are not so suitable for the former use as a well-made milled toilet soap, and owing to the fact that they contain a large percentage of water are not so suitable or economical for laundering purposes as pure, dried chipped soaps.

Toilet soaps are used particularly for washing the skin. They should accomplish their purpose efficiently without injury. To this end they should be made of clean material, should lather freely in cold or lukewarm water, and should contain no appreciable excess alkali. They may be white or colored, and are preferably perfumed as perfume material in soaps renders them more agreeable in use and tends to keep them in a sweet, clean condition by retarding or preventing rancidity. The perfume materials used for this purpose are derived almost exclusively from essential oils distilled from flowers and plants, and aromatic synthetics such as are used also in the manufacture of high-grade confectionery. The fats most commonly used for the manufacture of toilet soaps are high-grade tallow and coconut oil. Toilet soaps are

manufactured almost entirely by machinery from the settled soap already described and contain a minimum of moisture.

There is a popular misconception with regard to complexion soaps and medicated soaps and this has long been nurtured by some manufacturers who encourage the belief that soaps can be relied upon, through some mysterious virtue other than cleansing power, to accomplish wonders in health or beauty. The truth is, no soap can be expected to accomplish anything beyond thorough cleansing. This in itself is one of the greatest aids to both health and beauty. Soap in concentrated lather is a fairly good germicide and through its cleansing action it is most efficient in freeing surfaces of germs. Where special medication is desirable it is better to apply it independently than through the agency of a medicated soap. Whether or not a certain oil is good for the complexion, soaps made from that oil would not inherit any quality that would be beneficial to the skin notwithstanding a popular belief to that effect. When such an oil is made into soap its chemical nature is entirely changed and if the soap is well made none of the oils remain. A well-made toilet soap may be depended upon to give better results than most soaps for which exorbitant beauty or medicinal claims are made.

TOOLS FOR BUILDING THE CURRICULUM

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A particularly disquieting feature of present-day education is that curricula seem to remain settled for such a brief period. In our endeavor to keep abreast of the times we must be on our guard not to forget that change does not necessarily mean improvement. Because home economics is a comparatively new field and much of its underlying science is still in an early stage of development, we are faced with the added difficulty of revising our ideas as to the proper content of a curriculum before the information on which the curriculum must be based is standardized.

In the United States to-day there is a strong tendency to consider the "fact basis" as the only sure foundation for progress, and to use the survey as the instrument for determining the desired facts. Social agencies have advanced by leaps and bounds since they began studying facts and using them to determine correct social practices. In education, too, there is an

increasing use of this fact-finding tool, and examples are rapidly multiplying of curricula planned with reference to the educational needs revealed by surveys of the social, economic, and hygienic conditions of students and their families.

Like any other investigation, a survey must be carried out in painstaking, orderly fashion if it is to yield the best results. Omissions or slighting of any step will inavoidably lessen the value of its findings. The necessary steps may be briefly outlined as follows:

1. The preliminary study of the situation, to indicate what special parts most call for investigation and exactly what lines the work shall follow.

2. The organization and mapping out of the actual work, including the selection of the personnel, the development of the necessary machinery, the decision as to which bodies of facts shall be collected, and the formation of the detailed working plan of the investigation.

3. The actual gathering of the facts.

4. The compilation, study, analysis, and interpretation of the facts obtained.

5. The drawing up of recommendations and plans for procedure with reference to strengthening existing conditions or features, checking undesirable tendencies, eradicating evils, and putting new policies into effect.

6. The education of the public concerned so that it will demand, support, and enforce the recommendations.

7. The following up of the plan after it is put in operation, checking its weaknesses, removing barriers to its execution, and improving the opportunities which it opens up.

A survey conducted on these lines does more than gather facts, it means action growing out of knowledge of existing conditions.

The survey, although very desirable, is a tool which is not always available. Very often it is too extensive, too intensive, and also too expensive, to be practicable. One need not, however, despair of being able to learn something of the desired facts, for there are less elaborate devices at hand. Questionnaires, if carefully planned in advance, frequently render valuable assistance. Every care must be taken, however, to make sure that this advance thinking is carefully and completely done, or the questionnaire will fail of its purpose; it will not bring the information actually needed in a form from which desired facts can be tabulated and analyzed; and, what is often equally disastrous, it will not gain attention from recipients already wearied with the many half-

thought out, obviously unusable sets of inquiries that have passed over their desks. These very persons, however, are usually the ones who will coöperate most helpfully if a questionnaire suggests work worthy of their respect.

With the questionnaire as with survey most careful thought and largest vision are needed when the study is first being set up. Some of the things one should always ask oneself are: Is this dealing with a vital question? Will the data asked for contribute to its solution? Whom shall we call on to give the needed information? Will our plan bring us the maximum results from their contributions? Will it make the facts available to those who need them most or can use them best?

A questionnaire sent recently to the alumni of Rhode Island State College may be cited as an example of how this tool was used to provide data for curriculum making. A point under consideration in the college was the division of time in the curriculum between three general groups of courses: academic or humanistic, basic science, and technical. As usual in such cases, there was a difference of opinion among both faculty and students, especially as to the amount of time to be given to the technical studies, and it seemed desirable to know the viewpoint of the alumni. The graduates, like those of most such state institutions, represent a variety of occupations, for the men such ones as agriculture, engineering, teaching, and business, and for the home economics graduates home-making, teaching, and dietetics. They come mainly from families of moderate circumstances and of parents who have been in some kind of active business, manual or otherwise. The replies of the alumni indicated a very definite trend in favor of academic subjects. Of the total number answering the questionnaire only 5.3 per cent favored increasing the time given to technical subjects, and 26.5 per cent definitely advised against increasing it at the expense of other subjects. Increasing the the time for basic sciences was favored by 37.2 per cent and objected to by 19.4 per cent. It seemed significant that 66.3 per cent favored giving more time to academic subjects and only 6.2 per cent opposed it. Also that more persons answered this question than either of the preceding ones.

The questionnaire also asked them to list the college courses which had proved of greatest value since graduation. Among the replies English and literature appeared oftenest, followed by chemistry, physics, mathematics, zoology, economics, botany, and history in the order named. English was listed by one-third more alumni than any other one subject; even engineers gave it as often as mathematics, their indis-

pensable tool. Economics was listed only one-third as often as English, but among the answers to a question about desirable new courses were several which contained the idea of business and economics.

The reasonable, practical conclusion to be drawn from the study of these replies is that the alumni favor:

1. Increasing the time given to academic subjects and strengthening those courses, especially English and literature.

2. Continuing to give about the same proportion of time to basic sciences.

3. Not increasing or else decreasing time given to technical subjects, but improving the quality and practicability of the courses given.

4. Strengthening our courses in their bearing upon practical economics and business organization.

This questionnaire, interesting as it may be in the general tenor of its results, has been cited at such length only because experience in other institutions shows that similar use can be made of the method for other problems of the curriculum. The survey of Chinese homes which Miss Milam made preliminary to the organization of the home economics department at Peking University[1] is an interesting illustration. Through the coöperation of various agencies and the students in many of the colleges in China, she was able to assemble extensive and unique information about Chinese home life of to-day. These data were then studied to determine the greatest needs in the Chinese home, and courses were planned with the express intention of meeting actual deficiencies.

Here in America our teaching and our home demonstration work would gain greatly in soundness and force if we took more account of the actual situation in the homes we wish to influence. We are liable to grave errors in our judgment of home conditions if we rely on hearsay evidence, for most people unconsciously misrepresent practices and circumstances. There are mines of fundamental facts for home economists awaiting development by the survey method. We do not, however, need new surveys before we can get some assistance of this kind, for much material already awaits analysis and practical use. Take, for example, the "Economic Studies of Farm Families" carried out in various states by the Bureaus of Agricultural and Home Economics of the U. S. Department of Agriculture. In these Dr. Kirkpatrick and his associates have compiled data which indicate actual conditions in rural homes and from

[1] JOURNAL OF HOME ECONOMICS, July, 1924, p. 394; March, 1925, p. 160. See also JOURNAL OF HOME ECONOMICS, March, 1925, p. 148.

which we can judge what to teach its inmates. Miss Agnes Ellen Harris of Alabama has already made use of the study in that state in setting up her home economics work, and has thereby gained a surer touch with the rural homes. She has statistics which show dominant food habits and the average amount of education of these people. If she had as extensive information about urban homes, it would give to the teaching in her department a definiteness otherwise unattainable. Similar information would be of untold value for most of us. We know that nothing is so finally decisive of the health conditions of a city as the analysis of birth and death statistics. No amount of optimism can deceive the intelligent public where the death rate is in the twenties. We need criteria just as conclusive in establishing the position of a family as regards its economic and social health.

There are certain fundamental principles of which we should not lose sight in working out our tests for the home economics curriculum. Are we planning it on the old theory of 'individual salvation' or is it to be a socialized curriculum? Do we think chiefly of the girl or of society and of fitting her for her rightful place of service there? We need to investigate and learn facts with regard to such questions as these:

What has our Home Economics course actually done for our girls, their homes, and communities?

Has this education made the girl dissatisfied and unsuccessful in the usual and reasonable situation into which she should go?

Has our teaching been so material that she has been unable to contribute to the social and spiritual life about her?

Has our curriculum served to simplify or to elaborate life?

Has it improved the community; socially, by strengthening family life and community spirit; economically, by increasing returns for family expenditures; mechanically, by increasing the convenience and suitability of houses and their equipment; physically, by bettering the health of its people?

We have very few data on such questions, most of our beliefs and statements are based on impressions. Would we not gain by having definite facts? Should we not all of us consider carefully how we may obtain adequate, varied, and reliable facts by which to choose our subjects and construct our curricula? As home economists let us study the conditions of the people whom we serve, and the effect of our teaching of those conditions, bearing in mind that the ultimate test of the work we do in school and college is its influence upon life outside.

SCIENTIFIC RESEARCH IN COFFEE BREWING

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Readers of the JOURNAL OF HOME ECONOMICS are too familiar with the rapid increase in research and experimentation undertaken by food industries to require more than a brief statement concerning that promoted by the Joint Coffee Trade Publicity Committee. They also know that coffee is ripened on the bush and exported in the green bean from South America and the other countries whose soil and climate permit of its cultivation. It is usually roasted in the countries importing it in such places as can provide the machinery and skilled workmen for this process and are so located as to be normal distributing centers. Both New York and New Orleans, for instance, are coffee ports; both have large coffee-roasting plants.

The first organization formed in the United States for coffee research was the National Coffee Roasters' Association. Later as a natural growth came the Joint Coffee Trade Publicity Committee, the name indicating the joining of the producing and roasting interests in a common enterprise to establish and publish the facts concerning coffee brewing and use.

Lacking a research laboratory, in 1920 this Committee asked the Massachusetts Institute of Technology to undertake a scientific study of beverage coffee. Because of the physiological problems involved, the Institute authorities gave the work to the Department of Biology and Public Health under the direction of Professor Samuel G. Prescott, whose "Report of an Investigation of Coffee" (1) has just been published by the Joint Coffee Trade Publicity Committee.

The prefatory note to this report states that the ultimate purposes of the investigation were obviously to add so far as possible to our knowledge of the chemistry and physiological action of a beverage which has assumed a world-wide importance, and to be able to inform the housekeeper, the restaurant manager, or anyone who has to do with its serving how best to prepare coffee so that it shall be most acceptable in aroma and flavor.

While beverage coffee has been a matter of frequent discussion during the many centuries of its use, it has been but seldom a subject of that prolonged scientific effort called research. Like every other scientifically trained worker, the real home economist does not feel she can make

empirical statements concerning the use of any food, and many of the opposing ideas concerning coffee obviously have been based on opinion or insufficient evidence. Had the work of the Massachusetts Institute gone no further than its detailed study and report of the medical and other literature pertaining to coffee, this would have been a valuable contribution, because it so clearly shows the inconsistencies which arise from lack of accurate knowledge and scientific investigation. But if, as the report suggests, not merely the quality of the beverage, but the physiological effects of drinking coffee may be influenced by the method of brewing, certain parts of the work done by the Institute are of extreme importance to those who preach or practice the selection and preparation of food.

Its Home Economics Service was established by the Joint Coffee Committee in August, 1924, and questionnaires were at once sent to our various home economics institutions asking them what methods of coffee making were taught and for what reasons these were chosen. Reports have been received from nearly all the state colleges, and each virtually says that traditional or cookbook ways are taught, with considerable discussion of results, but little of the reasons why these methods were adopted. The four most frequently mentioned were, Boiling with or without egg; mixing with cold water and bringing to a boil; starting with hot water and boiling from three to ten minutes; percolation, a process of boiling the filtered beverage and forcing it through the grounds several times. Our survey shows the same lack of standardization as had been reported from the investigation made some years ago by the Committee from the National Coffee Roasters' Association. Some exceedingly good experimental work on beverage coffee has been carried on in certain institutions, notably at the University of Kansas under the direction of Professor Elizabeth Sprague. In general, however, not merely coffee but our three common beverages, tea, cocoa, and coffee are all neglected fields of research and study. In the homes even of our students of home economics these beverages are not of a high or uniform standard, and while many beliefs exist, little is actually known of their nature or effects.

In his investigation Professor Prescott had the assistance of Dr. R. L. Emerson of the Harvard Medical School and, in the study of the fats of the coffee bean and the physiological effects of coffee on animals, that of Professors James F. Norris and John W. M. Bunker of the Massachusetts Institute of Technology. They do not claim that the work is either complete or final, but state that the complexity of the

coffee bean and its variations under many conditions make it practically impossible to do more than add a little to the knowledge already accumulated and to confirm data already published. Summed up briefly, the findings in their report are:

1. The scientific literature pertaining to coffee so far published determines little. It shows many conflicting opinions, many questions without answers, few actual scientific experiments, and almost none which show how the process of brewing might influence flavor or effect.

2. The coffee bean before and after roasting varies greatly in its composition, according to type, conditions of growth, transportation, roasting, and storing, and other factors which modify strength and flavor. The caffein content is variable and there is wide divergence of opinion as to the way in which it occurs in the bean, whether as free caffein or in some combinations. To quote from the report:

> A significant result of our investigations is the establishment of the fact that when either roasted or unroasted dry coffee is extracted with various organic solvents, each one of which is capable of dissolving caffein in the pure state, we obtain varying amounts of this substance. For example, less caffein is dissolved from medium roasted coffee by ether than by chloroform. No one of these organic solvents will remove all the caffein, but if a given portion of coffee is treated consecutively by these suitably selected solvents each will remove its quota, and the sum total will be the same as the amount which can be extracted by the use of boiling water in a single treatment. This leads to the conclusion that caffein occurs in coffee not only in the free or uncombined state, but that there are also certain combinations of caffein with other substances, some of which are decomposed by boiling water so that the total amount of caffein is liberated. This action, that is, the breaking up of caffein combinations, may be partly due to the action of temperature, in which case the effect of high roasting may be of great importance. It is entirely possible that the unbroken caffein-compounds may have a bearing on the physiological effect. When treated with water the caffein complexes are decomposed the more rapidly the higher the temperature. At the boiling point, 100°C., about 80 per cent of the caffein is dissolved in two minutes, while at 85°C. (185°F.) nearly as much is removed. Just what the groupings are with which caffein may be naturally combined in the seed is still unknown. Caffein forms very few addition products with organic substances and in this respect differs from the alkaloids. It may form compounds with certain metals (the mercury salt has recently been studied), and this fact is of importance in connection with the preparation of beverage coffee in containers made of metal.

3. Marked changes take place in the fat content of the coffee bean during the roasting process, the constituents affected being those containing the acids of higher molecular weight. It is believed that the products formed have a bearing on the quality of the coffee in the bean and should influence the selection of a brewing method. The higher the roast (that is, the greater the temperature to which the bean is subjected) the more the fat is decomposed, and this not alone brings about changes in flavor and aroma, but appears to be connected with the physiological effects which sometimes follow the drinking of coffee.

4. Coffee contains only very small amounts of true tannins, but there are substances present, easily extracted by boiling, which can produce distinctly bitter tastes and which may combine with certain metallic salts and cause digestive disturbances.

The section of the report devoted to the gases generated in roasting is of interest both to those who teach how to brew coffee and those who wish to have the best coffee in their own homes. Among the changes which take place in the transformation of a green bean to a brown bean by the roasting process, one of the most important in this connection is the formation of carbon dioxide. A series of experiments was carried on by the Institute to determine the origin of the gas as well as the effect of such factors as age, storing, degree of roast, fine or coarse grind, and kind of package upon this indispensable constituent. Since it is a volatile gas, the older the roasted coffee, the less carbon dioxide present. Grinding coffee results in a marked loss of the gas, and continued exposure to air promotes its evolution or escape. Also, to preserve the qualities most desired in beverage coffee it must be carefully filtered or infused and not boiled. When we learn that the carbon dioxid with which flavor and aroma are tied up is at its maximum at the height of the roast, we realize that every day that intervenes between the roasting and the using of the coffee tends to dissipate the factors we wish to keep and that when and how wholesalers, retailers, and housekeepers buy and keep coffee is of great importance. It is as obvious that roasted coffee retains its good quality longest in containers which prevent loss of gas as that it should, wherever possible, be ground just before using. Even more surely the beverage must be made by a process that causes the least loss of gas or flavor.

The flavor can be quickly extracted from the finely ground bean by hot water, but boiling the beverage, that is, making a decoction in place of an infusion, dissipates it. To secure and preserve the prime factor for which we buy and make coffee we should buy it in small quantities

in the bean, grind it very fine just before use, and filter or infuse it with hot water below the boiling point and serve at once. If we boil it we lose what we most desire and may under certain conditions produce some things we wish to avoid.

Remaining in contact with metal affects the flavor of the beverage. What takes place or what special factors are concerned may not yet be established, but that the taste is in some way modified any home economist can determine for herself. She can also obtain testimony as to the effects of coffee made by different methods if she has acquiescent friends or family to use as experiment stations. Only one of the home economics teachers replying to our questions gave good reasons for teaching boiled coffee. She stated that the majority of her pupils come from homes where coffee is purchased ground. Ground coffee is usually of medium grind and of this it takes too much coffee to make a well-flavored, sufficiently strong beverage by filtration or infusing.

This is perfectly true, but it being established that the flavor and aroma are bound up with a volatile gas quickly dissipated by the boiling process, economy as well as desire for a delicious cup of coffee should determine a best method to which the other more common but less scientific ways must be secondary. Probably boiling with egg in an enamelware pot is the second method to present and one required under certain conditions.

We drink coffee for its flavor and its stimulating effect. This latter is due to caffein and the home economist properly wishes to know if the moderate use of coffee is without harmful results. What is moderate use? On the general question of the physiological action of coffee the work of Professor Prescott and his associates included experiments which not only confirmed those of the late Dr. Hollingworth, (2) of Columbia University, but also those carried out earlier by Dr. Emerson and his associates at the Harvard Medical School with the coöperation of the late Professor Münsterberg. Professor Prescott sums up the conclusions reached by the Massachusetts Institute of Technology as follows:

> As a result of the study the conclusion is drawn that there are three groups of individuals for whom coffee as ordinarily prepared (boiled) is harmful: Those with extraordinary nervous irritability, or sensitiveness to any form of stimulation; those exhibiting a caffein-idiosyncracy; those affected by some extractive other than caffein which is not present in properly made coffee.
>
> It is our belief that this last group is larger than the others, and that it constitutes perhaps the majority of those for whom coffee is said to be objec-

tionable. For the majority of these, it is believed, properly prepared coffee would not be detrimental if used with moderation and ordinary discretion.

The above statements apply to adults only. We are opposed to giving coffee to children and adolescents because as a class their protoplasmic structures are young and in a high state of irritability. They are being stimulated constantly and need no aid to increase physical or mental activity.

A large mass of accumulated data shows conclusively that for the general adult population coffee drinking is not undesirable because of the caffein in it, and this makes it all the more important to secure full information regarding the other ingredients and the method of preparation before any sweeping statement condemning coffee as a beverage should be made. Our studies have led to entire agreement with the result stated by Hollingworth that when taken with food in moderate amount caffein is not in the least deleterious. They also have led to the belief that coffee, properly prepared and rightly used, i.e., with reasonable moderation, is without harmful effect on the great majority of adults.

This is debatable ground, but more because it has to do with individual idiosyncracies than with the constituent so frequently attacked. If caffein is an undesirable factor, then tea should receive as much attention as coffee, particularly as it contains a greater quantity of tannin. The caffein of commerce is made from tea. Some people have suffered inconvenience from drinking coffee, but until this work was undertaken by the Massachusetts Institute of Technology no experiments had been made, so far as we know, to discover the effect different methods of brewing might have on the resulting beverage. Professor Prescott's experiments clearly show that the caffein content is relatively the same in quantity, however we choose to make coffee, but that there is a difference in quality of the caffein in the boiled and unboiled beverage, in that made by long or short periods of infusion, and in that made in various kinds of devices. That is, certain changes take place which have not yet been definitely determined and to which rather than to the actual presence of caffein may be attributed the occasional undesirable effects of drinking coffee.

Professor Prescott's summary of the literature shows that many well-qualified judges consider coffee, properly used, a valuable dietary adjunct, to cite one from many (3) :

> The world has in the infusion of coffee one of its more valuable beverages . . . . a prompt, diffusible stimulant, ... antiseptic, and an encourager of elimination. In season it supports, tides over dangers, helps the appropriate powers of the system, whips up the flagging energies, enhances the endurance; but it is in no sense a food, and . . . . should be used temperately.

It is only fair to recall, that most of the evidence presented against coffee is based on the effects of its excessive use.

It may also be noted that the experiments made under Professor Prescott's direction on flavor and quality were carried out on a group of about a hundred persons, and a similar group reported on such points as sleeplessness and digestive disturbances. There were coffee sensitive people among the number, and it was the remarkably sharp results with these individuals that led to placing emphasis on the possible variation of effect where coffee is brewed in different ways.

It has not been proved that caffein will form metallic compounds when coffee is made in metallic pots, but it is evident that some ingredient in beverage coffee attacks metal in sufficient quantity to produce a marked change in taste. This may or may not have physiological significance, but the chances are it has. These beliefs are open to proof. Home economists may not all be able to make the quantitative analyses required to discover metal in coffee solutions, but most of the other points can be tested by any one competent to control conditions of coffee making with scientific accuracy and to arrange for unprejudiced reporting on quantity, flavor, and immediately noticeable physiological effects.

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STUDIES OF COFFEE MAKING BY PRECISE METHODS

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Precise methods of food preparation must be established before we can claim that the subject is a science. In this belief an endeavor has been made by the home economics department of the University of Kansas to formulate such methods for household coffee making. The attempt involves the determination of the relative importance of the factors which affect the strength and flavor of coffee brewed by different methods.

The work was begun in 1916 under the direction of the present author by Sybil Woodruff, the report of whose study has already appeared.[1] Experiments under the same direction carried out in 1923 by Euola Long verified Miss Woodruff's results and further tested the filtration method of coffee-making with various types of pots intended for such use. The present article is based on both series of experiments, Miss Woodruff's material being used by the courtesy of the *Tea and Coffee Trade Journal*. It may be added here that the work at Kansas has all been done independently, but that insofar as it covers the same ground as that done by Dr. Prescott for the Joint Coffee Trade Publicity Committee (see p. 199) it confirms his general results.

Three parts of the general problem were first considered:

1. Is there any method by which the strength and quality of a coffee brew may be determined which is independent of personal opinion or of the sensitiveness of the palate?

2. What is the comparative efficiency of the various granulations of coffee and of various methods of brewing?

3. Is the difference in the cost of various brands of coffee any indication of their relative strength?

To standardize the granulation of the coffee used in the experiments, the ground beans were passed through sieves measuring 30, 10, or 8 meshes per inch, the portions left on the screen being discarded. The following standards were thus obtained:

Pulverized coffee. Passed through a 30 mesh sieve; corresponds in fineness to fine cornmeal.

Medium-ground coffee. Passed through a 10 mesh sieve; corresponds to ordinary steel-cut coffee.

[1] Standard Strength of Coffee Brews. *Tea and Coffee Trade Journal*, 1916, p. 133.

Coarse-ground coffee. Passed through an 8 mesh sieve; corresponds to the coffee ground in a rude home coffee mill.

In Miss Woodruff's first experiments the coffee used was a mixture of so-called Mocha and Java retailing at 40 cents a pound. This was ground to the three degrees of fineness described and each granulation was brewed by four household methods: boiling, percolation, boiling with egg, and filtration. Except for percolation the quantity of water used in each test was 240 cc., approximately the volume of the usual household measuring cup. For satisfactory percolation it was necessary to use twice this quantity. For the introductory experiments, before the specific gravity of brews of different strength was known, the quantity of coffee used was 12 grams per 240 cc. of water. Later (see table) this was varied to produce the desired specific gravity. The details of the processes followed were as follows:

Boiling. A seamless white enamel coffee-pot was used. Cold (tap) water was poured over the grounds; the mixture was brought to the boiling point, boiled 3 minutes, removed from the fire, allowed to stand 5 minutes, and then strained through two thicknesses of cheese cloth. (A common household variation of this method is to pour boiling water over the grounds instead of cold.)

Percolation. The simplest type of percolator was used, with a perforated cup set in the pot near the top to hold the coffee, and a tube up the center through which the hot water spouted. The water was put cold into the bottom of the pot and allowed to percolate actively through the coffee for 5 minutes.

Boiling with egg. The method was the same as that followed in simple boiling, save that 10 grams of egg white was stirred in with the coffee before the cold water was added.

Filtration. A pot was used with a wire strainer in the top, a piece of moistened tennis flannel was laid over the wire, the coffee was placed on this, and boiling water was poured through once.

Conditions of brewing having been thus standardized, the next step was to arrange a standard method for judging them and for testing whether there was any regular relation between personal opinions based on color and flavor and some more objective measure of strength such as specific gravity. Each brew was therefore tested while hot by the method described beyond; the remainder was cooled in an Erlenmeyer flask to 15°C. and its specific gravity was determined by means of a Westphal balance.

Several persons tested each brew and noted their independent judgments on strength, color, and flavor. Six degrees of strength were recognized, ranging from very weak to much too strong. There was, of course, some difference of opinion as to what constituted good standard strength, but the differences in the judgments passed by each individual were consistent for all brews and it was demonstrated conclusively that there is a distinct relation between so-called strength and specific gravity. The brews grouped by the judges under the six degrees of strength had the following average specific gravities:

Very weak	1.0045
Weak	1.0055
Moderately strong	1.0060
Good strength (standard)	1.0065
Little too strong	1.0070
Much too strong	1.0080

According to this, the specific gravity of a brew of good or standard strength is 1.0065. Miss Woodruff next made a second series of tests in which the amount of coffee necessary to produce a brew of approximately this specific gravity was calculated, the other conditions being the same as in the earlier experiments. Two tests were made for each type of brew. The three granulations were tested with each method of brewing except that filtration was not attempted with the coarse ground coffee. The results are shown in Table 1.

TABLE 1

Results of tests made with coffee of different granulations, brewed by different methods, and used in quantities calculated to produce a brew of approximate specific gravity, 1.0065

GRANULATION		METHOD OF BREWING	WEIGHT OF COFFEE USED	AVERAGE SPECIFIC GRAVITY OF BREW
Designation	Sieve meshes per inch			
			grams	
Pulverized	30	Boiling	12.05	1.0065
Pulverized	30	Percolation	12.78	1.0064
Pulverized	30	Boiling with egg	12.85	1.0069
Pulverized	30	Filtration	12.31	1.0063
Medium	10	Boiling	15.89	1.0063
Medium	10	Percolation	22.94	1.0069
Medium	10	Boiling with egg	16.71	1.0064
Medium	10	Filtration	30.00	1.0064
Coarse	8	Boiling	19.79	1.0066
Coarse	8	Percolation	27.52	1.0062
Coarse	8	Boiling with egg	21.27	1.0065

From these figures and from personal judgments of color and flavor the following conclusions were drawn:

1. A pulverized granulation is the most efficient, since a given weight yielded a brew of higher specific gravity than other granulations, and one of superior color and flavor. The increase in specific gravity, color, and flavor is directly proportional to the fineness of grind.

2. Filtration proved the most efficient method of brewing, yielding the best brew with the least trouble. Pulverized granulation only is suitable for filtered coffee as the maximum amount of surface of coffee particles must be exposed to the water during their short contact.

3. Boiling with egg ranked second best among methods of brewing. Probably the albumen precipitates some of the tannin compounds, and thus gives a mild, bland flavor in addition to clearing the liquid by carrying down substances in suspension.

4. Percolation and boiling without egg proved in every way inferior to the other methods.

The cost of coffee ground to different degrees of fineness and brewed by different methods was computed on the basis of 125 cc., one small cupful of serving. Eggs were taken as weighing 50 grams each and costing 30 cents per dozen. The results are shown in Table 2.

TABLE 2

Comparative cost of brews of standard strength (specific gravity 1.0065) made from coffee of different granulations and by different methods

GRANULATION		METHOD OF BREWING	1 CUPFUL (125 CC.)		100 CUPFULS (12 QUARTS)	
Designation	Sieve meshes per inch		Weight of coffee used	Cost	Weight of coffee used	Cost
			grams		*pounds*	
Pulverized	30	Boiling	7.16	0.0063	1.57	0.63
Pulverized	30	Filtration	8.08	0.0071	1.78	0.71
Pulverized	30	Percolation	8.17	0.0072	1.80	0.72
Pulverized	30	Boiling with egg	8.67	0.0105	1.91	1.05
Medium	10	Boiling	9.45	0.0083	2.08	0.83
Medium	10	Boiling with egg	11.29	0.0129	2.48	1.29
Medium	10	Percolation	14.70	0.0129	3.24	1.29
Medium	10	Filtration	19.72	0.0173	4.34	1.73
Coarse	8	Boiling	11.77	0.0013	2.59	1.03
Coarse	8	Percolation	17.62	0.0154	3.88	1.54
Coarse	8	Boiling with egg	14.36	0.0156	3.16	1.56

The standardized methods of filtration and boiling with egg were also used by Miss Woodruff to study the strength and quality of brews

from high and low priced coffees. Seven blends sold under brand names on the local market were tested, their retail prices ranging from 50 to 15 cents a pound. The brews were judged by specific gravity and by personal opinion as to strength, color, and flavor. In judging flavor special account was taken of the quality of sharpness. This refers to what is known to professional coffee tasters as acid taste, but that expression was considered misleading, since all the brews showed practically the same acidity when titrated with NaOH, using phenolphthalein as an indicator.

The results showed that, in general, strength and color of brew are independent of blend and price, but are determined by the fineness of the grind. Sharpness of taste, on the other hand, varied with the brand, the higher-priced coffees yielding this agreeable flavor, and the cheaper ones tasting neutral and flat. In other words, we pay for distinctive flavor, whereas strength and color may be obtained from any coffee by the use of fine granulation and proper methods of brewing.

The origin of the coffees used in these brands was not known. In order to compare the strength and flavor of well-known varieties such as Mocha, Java, Sumatra, Santos, and Bogota, studies were made in 1923 of authentic samples obtained from a reliable New York importer. Triplicate tests were made of each variety, using the filtration method, with 24 grams of coffee and 480 cc. of water. The results, which are given in Table 3, led to the following conclusions:

1. There is a difference in the strength of brew made from different varieties of coffee, under the same conditions, but this difference bears no consistent relation to price.

2. Java, Sumatra, and Bogota samples gave weaker brews than Mocha and Santos.

3. The majority of persons tasting the brews placed them in the following order as regards palatability: 1, Java; 2, Sumatra; 3, Santos; 4, Bogota; 5, Mocha.

Such facts explain the underlying principles of coffee blending.

In the 1923 work, the standard method of filtration was used also to test the practical efficiency of several types of coffee-making devices. Twelve grams of pulverized coffee brewed with 240 cc. of water gave a brew of approximately the same strength with all types.

In one type, the heat is applied in such a way that the liquid must be brought into contact with the grounds several times before the brew reaches standard strength. This apparatus uses an alcohol lamp; the water is heated in a round-bottomed glass flask into which is fitted

a long-necked funnel, the coffee is placed on a cloth filter in the mouth of the funnel, and as the temperature of the water rises the liquid is forced into the funnel by expansion and difference in pressure.

Experiments with this glass coffee machine led to interesting observations of differences between samples of old and freshly ground coffee. In preliminary experiments intended merely to develop technique, coffee was used which had been ground in the laboratory some months before, while the coffee for the final experiments was ground immediately before it was brewed. Otherwise the conditions were the same. The specific gravity of the brew from the old coffee was 1.0040 and that from the freshly ground 1.0062.

TABLE 3

Strength and flavor of brews made from coffees of known varieties by standardized filtration method

VARIETY	WHOLESALER'S DESCRIPTION	WHOLESALE PRICE PER POUND	AVERAGE SPECIFIC GRAVITY OF BREW	FLAVOR OF BREW
Mocha	True type of Arabian Mocha coffee	$.34	1.0052	Rich, penetrating
Santos	Brazil Product; good roaster; soft cup	.22	1.0050	Mild, like Java
Java	Island of Java; good bean; good cup	.37	1.0040	Rich, mild, smooth
Sumatra	From Island of Sumatra; good bean; good cup	.40	1.0039	Mild, barky
Bogota	Colombia product; good bean	.28	1.0038	Mild, but more like Mocha

As was previously stated, the conclusions reached at the University of Kansas agree in the main with those of Dr. Prescott in regard to granulation and method of brewing. We did, however, find a certain quality in coffee boiled with egg white which was lacking in the other brews. Dr. Prescott's theory that the optimum temperature is 85° to 95°C. is supported by the fact that though water at the boiling point is used in the filtration method, the temperature is immediately reduced when the water is poured on the coffee in the filter.

The experiments carried out at the University of Kansas confirm the belief that by controlling the conditions of coffee making it is possible to produce brews of uniform quality. Such precise methods of coffee-making have proved practicable in the laboratory, and there is nothing about them to render them impracticable in the home, if the coffee-maker is willing to take care about the freshness and fineness of grinding, and in weighing coffee, measuring water, and controlling time of brewing.

THE BUDGET OF A TURKISH FAMILY I KNOW

NIMET MOURI,
Constantinople College for Women

This family consists of two adults and three children. The income is 3000 L tq. a year.[1]

Savings	30%	900 L. tq.
Food	25%	750 L. tq.
Rent	15%	450 L. tq.
Clothing	15%	450 L. tq.
Operating expenses	15%	450 L. tq.
		3000 L. tq.

Facts about the way in which this family intend to spend their money in the years 1923–25:

1. Facts about savings—900 L. tq.
   - *a.* Intend to buy a house
   - *b.* Travel every five years
   - *c.* Go to summer resort every summer
   - *d.* Keep money for children's education
   - *e.* Keep 10 per cent for old age
2. Facts about food—750 L. tq.
   - *a.* Children drink extra okes [about $1\frac{1}{4}$ quarts] of milk daily
   - *b.* Parents have to eat good food for they work very hard
3. Facts about rent—450 L. tq.
   - *a.* Live in a house that has six beautiful rooms
   - *b.* In a very good quarter of Stamboul
     1. Near father's work
     2. Near eldest daughter's school
4. Facts about clothing—450 L. tq.
   - *a.* Father and mother need most of the money for clothing
     1. Mother, 200 L. tq.
     2. Father, 175 L. tq.
   - *b.* Children being young and having very little difference in age wear most of the time made over clothes
5. Facts about operating expenses—450 L. tq.
   - *a.* Pay for water and electricity
   - *b.* Keep one maid
   - *c.* Have washerwoman come twice a week

[1] The value of a Turkish pound usually varies between 55 and 65 cents, American money; at the time this article was written it was about 53 cents.

EDITORIAL

The California Meeting. An annual meeting of the American Home Economics Association is important for at least three reasons. It stimulates the development of the Association through business meetings and the informal discussion of its affairs by members in convention assembled; the papers and discussions on special subjects contribute to our knowledge of home economics and its application in family, school, business, and community; and the personal contacts between members increase the solidarity of the profession and enlarge the individual's horizon.

Among the items of business likely to be discussed at San Francisco next August are membership qualifications and dues, sources of income for the sections, and development of closer relations with home economists in Canada and other countries. The general outline of the program and a few of the outstanding speakers are shown on page 247. As for the personal contacts, those of us who have attended similar meetings know how these increase our enthusiasm for our work, enlarge our circle of friends, and develop in us the inspiring sense of being an active part of a forward-looking organization. And as to those of us who haven't been before, let them begin now. Particularly we hope the younger, newer members will this year start the habit of coming to the annual meetings. One can't begin too early to see and be seen on such occasions, and the Association needs the freshness and enthusiasm of the youngsters as well as the experience and wisdom of their elders.

California and Vacation Plans. Travelling has two points of superiority over most other forms of recreation: the anticipatory pleasures of planning, and the life-long pleasures of recollection. Reading up about a place and working out routes and excursions is almost as good an indoor sport as studying seed catalogues, and it is a curious fact, attested by all experienced travellers, that the things which stand out in retrospect are not the tiresome delays or the dull, rainy days, but the final arrival at the place you have longed to see and the short hours of the occasional perfect day in a perfect spot.

To the majority of the American Home Economics Association members a trip to California means a greater investment of time and money

than they usually make in a summer vacation. Few of us would feel we could take the long journey in addition to our regular summer outings, but it offers a splendid chance to combine an extra-good vacation with the professional advantages of attending the San Francisco meeting. Consider the possibilities. The special train will take us by Colorado Springs, Salt Lake City, and the beautiful Feather River Canyon. At San Francisco they already are planning nearby trips as will be seen on page 248. How will you come home? Have you time for Hawaii or Alaska? Now's the chance! Will the wonders of the Grand Canyon and the cool, dry heights of the mesas tempt you to take that route or will you go still further south by boat through the Canal, with way stops that give glimpses of Central America and the West Indies? Some will be lured to stay awhile in the tourist camps in the national parks or elsewhere in the mountains, some by the grandeur of the Canadian Rockies and the restfulness of the steamer journey through the Great Lakes. Uncle Sam is ready to do his part in helping you choose; among the bulletins listed on page 232 are several intended to serve as guidebooks. Rates for various routes will appear in the May JOURNAL. Meanwhile, any tourist agency will be glad to furnish descriptive literature, and the bookseller and the library will do their part in suggesting books of travel and description or novels which give the flavor of the places one might visit. Why not re-read Parkman's "The Oregon Trail," Mark Twain's "Roughing It," Helen Hunt Jackson's "Ramona," Bret Harte, Muir's essays about the Pacific coast and Alaska? As for contemporary literature of the west, the shelves are full of it. Even if you aren't yet sure you can go to San Francisco, begin now to give yourself the harmless and inexpensive fun of planning a trip.

Statistics of the Association. The following facts and figures from headquarters records represent the status of membership about halfway through the current year which ends June 30, 1925.

On February 28 dues from 5059 members had been reported paid. The figure for the corresponding date last year was 4024. As several states have not yet reported in full, the chances are good that by June 30 we shall have reached the 7000 hoped for. We have already surpassed by about 700 the final figure for 1922–23, 4360.

It is an interesting fact that the two states having the highest membership last year, Massachusetts with 553 and Illinois with 479, have each and independently set their goal at 1000 for this year. To date Massachusetts has reached 496 and Illinois 578.

Colorado and Georgia have already doubled last year's enrollment, and the following states have increased theirs: California, Illinois, Louisiana, Maine, Michigan, Mississippi, Montana, New Hampshire, New Mexico, North Carolina, Ohio, Rhode Island, South Carolina, Vermont, Virginia, Washington, West Virginia, Wisconsin, and Wyoming.

Eighty clubs have already become affiliated this year, as compared with 42 at the close of last year.

Seattle and Tacoma hold the enviable record of 100 per cent membership among home economics teachers in the city schools.

Our English Colleagues. Though home economics is not commonly known in Europe exactly as we understand it, the idea of teaching household arts to school girls has been accepted longer and more widely there than here. Teachers of these subjects have formed professional organizations of various countries. The English one is the Association of Domestic Science Teachers which was formed some years ago and now includes nearly 3000 members and local or district associations. National headquarters are at 10 Suffolk Street, Strand, London, and the permanent secretary may be addressed there.

For several years the Association issued a semi-annual bulletin known as the *A. D. T. S. Magazine*, but recently it has made *Practical Education and School Crafts* its official organ. This is an illustrated, bi-monthly magazine with which is incorporated an earlier periodical, *Manual Training*, and which serves also as the journal of the Institute of Handcraft Teachers, Inc. It is edited by Mr. A. C. Horth, 18 Leyland Road, S. E., London, and is published by A.W. Howard, 6 Laurel Terrace, Armley, Leeds, to whom orders for copies should be sent. The price is seven pence per copy, postpaid. The magazine carries in each issue perhaps half or two-thirds as much material as the JOURNAL OF HOME ECONOMICS. It prints addresses and papers on educational subjects, accounts of recent developments in what we should term manual arts and home economics, and news of organizations and movements of special interest to its readers.

Domestic Subjects in English Schools. In the January-February issue of *Practical Education and School Crafts* Miss E. B. Cook, principal of the Municipal College of Domestic Economy at Manchester, summarizes the present status of domestic subjects in the free English schools as shown by the census for 1921. The Board of Education has ruled that

the equivalent of 200 hours of instruction in domestic subjects is to be given to girls of appropriate age, which is interpreted as between 12 and 14. Of the 800,000 girls of this age, not quite 500,000 appeared to be receiving such instruction in the elementary and central schools. Of the 794 secondary schools, a little more than one-half provided a one or two year course in cookery, laundry-work, or both.

In the elementary or secondary schools domestic subjects like all others are taught for their value in general development and are only indirectly concerned with vocational needs. A few special courses in household management are offered in day technical schools, but of the 3064 pupils enrolled, 839 were in training for teaching and 70 were at King's College for Women, leaving hardly more than two thousand who could be classed as general housekeepers and domestic workers. The technical schools offer many short courses in individual domestic crafts such as cookery, handwork, and housecrafts, and it is estimated that about 48,000 girls and women were enrolled, probably most of them over 21 years of age. That the opportunities for such study are in advance of the demand seems the natural conclusion from the fact that the training colleges for domestic subjects had accommodations for 1496 students, and 642 vacancies.

Lack of funds is said to be one reason why these subjects are not being more actively developed in secondary schools, but prejudice also has something to do with it, many still maintaining that no special training is required for such crafts, or that the orthodox studies are more valuable. Still another criticism is that is it unfair to penalize girls by including in their school study a subject which boys never have to learn, and the reasonableness of this criticism is increased by the low estimate in which the public holds housework and household management. Miss Cook's reply is that at some time in her school career a girl should have a chance to see the thing in its true light, and also that she should get from domestic subjects what the boy gets from the school workshop—actual contact with things.

Research with Coffee, Tea, and Cocoa. Home economists will welcome Professor Prescott's report to the Joint Coffee Trade Publicity Committee because both as housekeepers and as teachers they have to decide when coffee should be recommended or forbidden, and how it should be prepared. Some may be disappointed that the investigation could not have been carried further toward a solution of the vexed problem of the physiological effect of coffee, but that is too complicated

a question to be speedily answered. Meanwhile it is satisfactory to have some of the points about coffee-making established by Professor Prescott and Professor Sprague and her associates (pages 199 and 206), and it is interesting to realize that, as Miss Johnson suggests (page 200), other home economics department could without elaborate equipment carry out similar tests on some of the points not yet settled. It would be worth while, for example, to accumulate data from more individuals to show how coffee filtered in metal pots compares with that filtered in earthenware in its effect on sleeplessness, tremulousness, and other immediate and easily recognizable symptoms.

Her suggestion that exact studies should be made of tea and cocoa prepared by different methods is also worth considering. We understand that Professor Sprague has begun work on tea brewing. Many persons are quite as much affected by drinking tea as coffee; would it not be well for some one to investigate whether or not metal pots produce the same effect with it as with coffee? How much definite information have we as to the relative digestibility or physiological effects of cocoa prepared in various ways? Those of us who teach food selection or plan meals need such information. Let us do what we can to provide it, partly perhaps by making certain investigations in home economics laboratories and partly by urging such work in other appropriate institutions.

May Day as Child Health Day. Again the American Child Health Association has asked the nation-wide observation of May first to stimulate the wide circulation of sound information on child health and increase among citizens intelligent guidance and support of more adequate, all-the-year community health programs. National organizations, commercial groups, and state health officers have been asked to name chairmen to promote local interest. A message from Secretary Hoover which have been given wide circulation asks that that day be used to bring home our obligations to children as they have been expressed in 'the child's bill of rights':

> The ideal to which we should drive is that there should be no child in America that has not been born under proper conditions, that does not live in hygienic surroundings, that ever suffers from under-nutrition, that does not have prompt and efficient medical attention and inspection, that does not receive primary nstruction in the elements of hygiene and good health.

The Program of the Montana Homemakers. The Montana Home Economics Association has been among the pioneer organizers of its homemaking members. The program of work which its Homemakers Section has adopted, is, so far as we know, the first one definitely outlined by any group of homemakers, and it seems worth publishing, both as a first movement in a most desirable direction, and as a stimulus to the homemakers in other states. It reads as follows:

1. Establish and maintain contact with home economics trained and 'home economics minded' homemakers by:

(a) Completing our list of homemakers who are home economics graduates from the various educational institutions within the state.

(b) Coöperating with home economics teachers and extension workers who can suggest 'key' women.

(c) Coöperating with homemakers committees of other state associations in order to know of professionally-minded homemakers who are changing their residence.

2. Include something of special interest to homemakers in the State Association News Letter and the program of the annual meeting of the association.

3. Foster the information of local home economics clubs in various sections of the state where such local groups seem feasible.

4. Encourage homemakers to take out individual memberships in the state association and subscribe to the JOURNAL OF HOME ECONOMICS.

5. Urge local women's organizations to take out individual association memberships and subscriptions to the JOURNAL OF HOME ECONOMICS for their chairman.

6. Work for a better understanding and appreciation of present day home economics—its scope and content.

OPEN FORUM

Our Home Economist goes to Greece. The JOURNAL takes pleasure in sharing with its readers part of a letter which Miss Murphy wrote on February 4 after her return to Constantinople from a trip made at the request of Mr. H. C. Jaquith, managing director of the Constantinople-Athens area of Near East Relief. The educational branch of the work, under the direction of Mr. G. M. Wilcox, is developing a program to provide for Greek orphans permanent educational opportunities in accord with the best modern ideas. Says Miss Murphy:

I sailed at eight in the evening on a small boat for the Island of Syra. It was *tout à fait grecque*, and we had practically a sleepless night. I arrived at 4.30 a.m., but had the grace to wait until 7.30 to go out to the orphanage. Mr. and Mrs. George White are the directors, and there are 1500 boys and 1000 girls. The Whites had worked out a plan for giving very definite home economics training to some of the older girls, especially those who go to Egypt, France, America, and homes of their own. They also had in mind some sort of a home-making cottage. It was about these things that they wanted advice. Well, it's an ill wind that blows nobody good! A perfectly awful storm kept me on their island for almost two weeks! The more we talked, the more we saw that might be done. We started to put our ideas on paper, and the thing grew and grew into a young encyclopedia, and without a single thing as a reference book. Mrs. White's knowledge of the customs of the country and her housekeeper's point of view, combined with the residue of my various experiences, produced what we admit is a masterpiece. The men, who had had only a glimmer of the content of home economics, were much surprised and pleased.

The storm continued to rage, but finally a few boats ventured out, and I bravely went to Athens on one of the worst, because it was the only one going. The details of that night are beyond belief except to people who have travelled on such boats. I lost even my good disposition. My "contribution" to the Near East was made largely in the Aegean. When I reached Athens, our mid-year vacation was over and I was aching to get back to my happy home (my apartment had seemed much too sweet to leave in the first place!), but Mr. Jaquith had decided I could do more for the cause by staying over for an "area conference" and had arranged for Mr. Wilcox and me to meet some of the influential Greek women. All the stenographic force was put to work to get our compendium of human knowledge typed in time for the conference. Copies were given to heads of orphanages and they were asked to suggest improve-

ments. By that time it had begun to look very inadequate, but we hope that after the suggested improvements are made it will prove useful, both as a manual for teachers who are working without written directions and as a handbook of ready reference for girls. It will be translated into Greek, Turkish, and probably Armenian, and will be at least a beginning.

I took a typed copy with me to the tea where we met the very interesting Greek ladies, and they were delighted to think that kind of thing was being prepared for them. We found them working so hard and of course under difficulties, but so keen to have homemaking lessons in some of their orphanages and schools. And wasn't it great? Mr. Wilcox had had excerpts from Devine's "The Economic Function of Women" translated into Greek, and they all wanted copies. (I am to have some here, too.) He was so helpful and interested, and said that my coming had "advanced their thinking by two months." I am inclined to feel that it broadened the thinking a bit, too.

While I was in Athens I also managed to get 18 girls who had been at our college here together. They formed a committee to stir up interest, and on Charter Day they plan to have a meeting and form an association. The Greek ladies hope our graduates will help them in various ways, in playgrounds and other child welfare undertakings. Many of the girls who are working for the Near East have made a very good records, both as teachers and as secretaries.

It is time to close, and I haven't told you about going to Cornith to see Miss Cushman's orphanage, or of the trip to old Cornith and the fascinating coins I got there, one dating about 400 B.C. . . . .

I have two classes now at the American Hospital and I go every week to the Turkish Normal. I hope to speak to the Turkish Feminists later. . .

Faithfully yours,

EDA LORD MURPHY.

The Fairy's House and the Witch's House. Imagine a "Fairy's House of Health" built of the things it is good for you to eat, and a "Witch's House of Woe" built of things you sometimes have eaten but shouldn't—of course they bring home to the children who see them the idea of proper foods for health.

The idea had originated in the New England Home Economics Association, and the class in foods at the State Teachers College, Chico, California, worked it out as a class project, making use of correct and incorrect food habits noted in the children in the training school. While it was planned to instill certain food habits in the minds of the training school children, it created so much interest that it was exhibited locally and was later used for the child welfare exhibit of the San Francisco Red Cross and the State Bureau of Children's Aid at the State Fair.

The houses were really half houses with a floor plan of 12 by 30

inches, and the proportions were in keeping with those of a real house. The framework of the houses was of beaverboard as was also the yard upon which the houses rested.

The Fairy's House of Health was made of the following materials: Foundation and fireplace, dried prunes; "stucco" for the walls, chopped vegetables such as carrots, beets, celery, onions, turnips, and spinach; roof, graham crackers and simple molasses cookies in alternate overlapping layers like shingles; chimneys, bottles of milk (gill bottles were used because larger bottles were too heavy, but each of the two chimneys was labelled "1 pint"). In the square window openings on the first floor were curtains of fresh spinach leaves, while in the dormer windows of the second floor lettuce leaves were used. The shutters, turned back against the wall, were of graham bread. The doorstep was of buttered graham crackers. On either side of the doorstep was a post made of an orange. The walk leading to the doorstep was of brown rice, with a "brick" edging of raisins. The fence posts about the yard were of carrots and the grass was of such cereals as rolled oats and wheat flakes. All the perishable vegetables were replaced each day so they would not appear wilted or unattractive.

In the Witch's House of Woe the foundation was of doughnuts; the stucco of tea leaves; the tiled roof of pickles; the chimneys of rich chocolate creams; the curtains of fried hot cakes, and the steps of wieners. Beside the steps was a lollypop. The walk leading to the front steps was made of jelly beans and outlined in rope licorice. The grass was ground coffee and the fence posts gum drops.

In front of the Fairy's House of Health stood the fairy beckoning with her wand to two rosy-cheeked youngsters to enter her home. The Witch in front of the House of Woe stood stirring the contents of a cauldron labeled coffee. Near her were two pale-faced youngsters, slightly smaller than the others—the results of improper food.

How do we know the houses were effective in putting over the idea of proper foods? By our own observations, and because doctors and nutrition workers told us that their influence on the children was very remarkable. We have even heard that in several cases the houses completely revolutionized the child's feeding. Different states have written that they have adapted the idea to their special needs. We feel no praise is too high for what the New England Association has been able to accomplish through their clever idea.

Saidee E. Stark,
State Teachers College, Chico, California.

A Public Nursery School. The Highland Park Nursery School, Highland Park, Michigan is the first public nursery school in America, so far as is known locally. It was opened at 152 Highland Avenue, on Tuesday morning, December 9, 1924, with an enrollment of twelve children from two and one-half to four and one-half years of age. This number was soon increased to fifteen, seven boys and eight girls, which is as many as the school expects to take in at one time.

The main purpose of the school is to give upper-grade high school girls a chance to acquire a practical knowledge of child care. Relays of girls assist in the care of children, so that as many as one hundred twenty girls will be brought weekly into the one nursery school as a laboratory. The forty-five girls who added the work to their regular classifications are all enthusiastic over the opportunity and practically all of them are continuing the work in the second semester.

Parents agree at the outset to pay a monthly fee of ten dollars for each child and are responsible for the transportation of the children.

The school is modeled closely after the Merrill-Palmer School of Detroit, an endowed institution, from which a teacher, Mrs. Ethel Sharp Winterrowd, is being furnished *gratis* this year. Miss Alice Wallin of the Household Arts Department of the Detroit Public Schools is in general charge of the school and is giving a large fraction of her time to it. A full-time housekeeper is also employed.

A school nurse comes in regularly each morning and the children are under the supervision of a physician. Each child will be given a psychological examination by a representative of the Survey Department.

Fruit juices and cod-liver oil are served to the children at 10 o'clock, dinner at 11.45, and milk at 3 o'clock. At present the food is prepared in the nursery school kitchen by the school staff; later the students will assist in the preparation, insofar as this may be made to fit into their household art schedule. The menus are prepared in advance and copies are sent to parents, with suggestions for breakfasts and suppers.

The children lead a very normal life in the school. They are given much freedom to play or work. In the afternoon they take naps and then have a glass of milk before they go home. The swiftness with which they are becoming self-reliant and thoughtful of others is amazing.

While the school seems quite worth while from the standpoint of the nursery children, its justification before the taxpayer lies entirely in the opportunity afforded high school girls to secure practical instruction in many important phases of motherhood.

BOOKS AND PERIODICALS

Education Moves Ahead. By EUGENE RANDOLPH. Boston: The Atlantic Monthly Press, 1924, pp. 145. $2.00.

This book, as the sub-title states, is a survey of progress in methods in education, with a helpful introduction by President Emeritus Charles W. Eliot. In a series of fourteen chapters the author has presented with well-chosen examples and carefully selected illustrations fourteen points in present day education. The discussion is a sympathetic interpretation of the changes both in subject matter and methods of presentation that have been made necessary by the demands upon the schools of a rapidly changing world.

The specific examples of the newer methods used in teaching reading and arithmetic are of great value, not only to those who seek to help the child of to-day but also for those who wish definite information and proofs of progress.

The importance of education and some of its essential characteristics are stated in the beginning chapters. After a discussion of these, some of the dangers and difficulties of incorporating these newer methods into the public schools are clearly and forcibly stated in the closing chapters.

One question is raised in the reviewer's mind by the statement on page 130 (the italics are ours), "The pupils principally concerned are those whom *tests* have shown *incapable* of *doing academic work* but able to attain *manual skill*," but the following quotations show the general fairness and sanity of the author's view point.

"Above all, no teacher should try to bring about progress by revolution instead of evolution. Education has been building for thousands of years. It carries on its back loads of useless traditions and outgrown theories, but there is too much vigor in it to warrant too drastic treatment. . . . . And in making our changes, let us not become obsessed with any one method or system. The limitations of any system, or of the thought of any one man or woman or any group of men and women, are too narrow for the education of a race."

And again, "To provide the right conditions, the inspiration and the training for this development-period is the problem of the home and the school. To do it well is imperative. It is far better to build less hugely, and to provide for the permanence of the structure by the wise training of those who will use it and add to it, who will prepare their successors and again pass it on, than it is to elaborate and expand our physical greatness at the expense of those whose world it soon will be."

ISABEL BEVIER,
Urbana, Illinois.

Experimental Practice in the City and Country School. By CAROLINE PRATT and LULA WRIGHT. New York: E. P. Dutton & Co., 1924, pp. 302. $2.50.

Those who have participated in such experimental work as that pictured by Miss Pratt and Miss Wright will be the most understanding readers of this interesting report, which transports them immediately into the class-room with Nancy, Douglas, and the rest.

In the first fifty pages Miss Pratt very directly states her educational philosophy. She presents the problems as they face all teachers who venture to educate children through a curriculum based upon natural experiences. There is no spirit of propaganda nor unreasonable justification, but a sane facing of the queries constantly met by pioneers in the field of primary education.

Miss Wright reports the activities of her seven-year-olds exemplifying the philosophy upon which the school is based. One sees

the very natural, every-day activities within the school, the splendid opportunities for physical development, the intellectual growth attendant upon constructive activity, and the acquisition of education in a natural setting.

From the standpoint of home economics the book appeals in two different ways. First, it is suggestive to those interested in the training of little children, and second, it offers to students and teachers of educational method a good picture of an experimental elementary school already firmly established.

Since the improvement in educational practice seems to come from the pioneer in the field of primary work, it is quite essential that such contributions be evaluated carefully and their strength be utilized and adapted to other situations.

FLORENCE E. WINCHELL,
New York State College for Teachers, Albany.

Junior High School Curricula. By HARLAN CAMERON HINES, New York: Macmillan Co., 1924, pp. 188. $1.50.

This new book on the subject of the junior high school is timely. The number of volumes on the subject began to reach the point where the teacher of a special subject had not time to read enough for a broad background of understanding of the problems. A short cut was really necessary. Dr. Hines, professor of education at the University of Cincinnati, has made a survey of available material, books, committee reports, and courses of study. The result is not in the form of compiled statistics, but a volume readable and interesting.

Chapter 1 takes up "Preliminary Considerations," the school, the pupil, and the teacher. The author gives not so much his own ideas as a concensus of the opinion of recognized leaders. One has the sense of having been a listener in at a conference of authorities on the junior high school. Each of the high school subjects is considered separately and authors are quoted in establishing policies. Committee reports are freely used where they are the foundations considered most reliable in the particular field. Dr. Hines confines his discussion in the field of home economics to Bulletin No. 5, United States Bureau of Education, 1922, "Reorganization of Home Economics in Secondary Schools." He makes a clear presentation in a five-page digest. The last chapter is devoted to summary and recommendations.

The book will be welcomed by the teacher of home economics who wishes a background of intelligent understanding. For classes in teacher-training institutions, it will serve as a general treatise well suited to the needs of undergraduate students.

FLORENCE E. WINCHELL,
New York State College for Teachers, Albany.

Essentials of Sewing. By ROSAMOND C. COOK. Peoria, Illinois: The Manual Arts Press, 1924; pp. 238. $1.40.

The title expresses the type of subject matter contained in this valuable little book. It is essentially a book of directions on the technical processes involved in garment construction. It deals explicitly with patterns, their selection, difference, use, and alteration; with neckline finishes for both under and outer garments; with methods in placing, joining, and finishing sleeves; with plackets, pockets, and other essential details. It contains a chapter on the chief points in the use of lace. All explanations are well illustrated with photographs. Each chapter has a set of questions that are helpful to the young teacher or pupil.

The book has brought together and organized the fundamental processes of technique. As such it is an excellent reference for the experienced teacher as well as a valuable guide for the inexperienced. No attempt, however, has been made to show the artistic possibilities of construction or some of the finer methods of technique for decorative purposes. It is regrettable that the principles of design were not included as a fundamental part of structural sewing. It would have been so easy to emphasize good design throughout, because first class workmanship depends upon it and it economizes processes. Yet this book and others of an equally high grade should do much in raising standards in clothing construction.

While the economic, artistic, and hygienic phases of textiles and clothing education are of prime importance in training intelligent consumers, a high standard of technique furnishes an immediate and concrete aim for the young student. Any information which contributes to this purpose should be embodied with enthusiasm in a course of study.

SADIE J. SWENSON,
Springfield, Massachusetts.

Everybody's Cook Book. Edited by ISABEL ELY LORD. New York: Henry Holt and Company, 1924, pp. 916. $5.00.

There is some difference of opinion as to what constitutes the ideal cook book. Some maintain that a guide to cookery is most useful when it confines itself compactly to general principles and basic recipes, assuming that the user can and will work out her own variations in soups, croquettes, salads, and the rest. Others have less faith in present-day culinary skill or ambition, and insist that the most useful collection of recipes is the one which, by including all that are likely ever to be of interest to its readers, will save the trouble of making adaptations and will give a welcome fillip to an imagination jaded by planning a thousand and more meals a year. Many teachers of foods and cookery naturally incline to the former, so-to-speak fundamental theory. It is probably true that more poor cook books are found in the encyclopedia than in the fundamental type. For one thing, they are the obvious choice of compilers who are less concerned with theory and accuracy than with attractive appearance, favorite dishes, or an amusing style. On the other hand, we all know excellent volumes of this type, and the size and number of the editions show that the average user prefers it to the kind which leaves her to do more of the work.

That "Everybody's Cook Book" is intended for general use is shown by its title, and that it is of the encyclopedic variety appears from the sub-title and the number of pages. That it is not likely to prove a collection of unreliable recipes brought together hit-or-miss appears at once, for the title-page and preface further state that the recipes are compiled from the records of the School of Household Science and Arts of Pratt Institute, and that all of them have been tested either at the Institute or by former students and faculty members. Moreover, Miss Lord, the editor, was a librarian before she became director of the School and thus understands good bibliographical arrangement as well as the requisites of a good recipe and where to turn for reliable statements on food values, marketing, and equipment.

In the hands of a person less familiar with the technique of arrangement, the 3400 recipes here brought together (the publishers claim, and probably justly, that it is the largest number ever assembled in one volume) would be chaotic and unwieldly. The classifications, however, are logical and consistently followed, as are also the form of statement and typographical style; the indexing and cross-referencing have been thoroughly done; and it is actually easier to find what one wants than in most smaller cook books. Each group of recipes is preceded by a short general description, and basic recipes are given first wherever possible, with the variations briefly listed below. As regards the wording of directions and descriptions, a point on which many otherwise excellent recipes break down, the method adopted by Miss Lord might well be studied by cookery classes as a help in the analysis of the necessary information and processes. Those who go to it for help in meal-planning will be grateful for having the time required for preparation and cooking and the number of servings per recipe printed so that they can be seen at a glance.

Recipes are not, however, all the volume has to offer. There are brief statements on such subjects as nutrition, meal-planning, fuels and stoves, and lists and definitions of cookery materials and terms. The cover linings have been utilized for general suggestions and handy tables, and an insert of thirty blue pages makes it easy to find special reference material such as cooking time-tables, charts of meat cuts, and a glossary of French cookery and serving terms, the latter unusually well-chosen and accurate.

That minor errors may have slipped in is

no more than is to be expected in the first edition of such a book. Miss Lord herself expects them to be found and asks readers to report them.

Despite its comprehensive character, the book is scientific in method and arrangement, and neither cookery classes nor housekeepers are likely to begrudge it three inches of shelf room.

Food Facts for Every Day. By FLORENCE E. WINCHELL. Philadelphia: J. B. Lippincott Company, 1924, pp. 109. $0.86.

The little girl who divided her library into school books and books to read would have been put to it to decide where this little volume belongs, for despite its pedagogic appearance and avowed purpose, it is the sort of thing a child of elementary or junior high school age would read with pleasure. It has not attained its readability at the cost of truth, for the facts are accurately stated and carefully chosen and show that the writer understands the principles of nutrition as well as of educational psychology. It is a relief to see charts and tables boldly used. For example, we have the weight chart for Jack's pig that gained over four hundred pounds in nine months, and then one for baby Phillip, whose weight curve ran first below and then a bit above normal,—you can guess why! The table of cities arranged according to their infant mortality records accomplishes the triple purpose of showing how towns may vary in hygienic conditions, of stimulating local pride, and of teaching that facts are not necessarily uninteresting because they are expressed in tabulations. That the calories and vitamins may be considered thoroughly acclimated in our educational system is very evident from the matter-of-fact, unapologetic way in which they are introduced. There is shrewd sagacity in beginning not only the discussion, but also the bibliography at the end with references to animals. The illustrations, which are many of them familiar friends from government publications and child welfare literature, supplement the text well, though the reproductions are not as clear as one might wish. This, however, is a minor defect, and in general the book is a godsend to whose who wish to give children something to read about nutrition.

The Soul of the Moving Picture. By WALTER S. BLOEM. New York: E. P. Dutton & Company, 1924, pp. 168. $2.50.

When we try to judge the merits and demerits of a moving picture many of us find ourselves curiously at a loss. We realize that we cannot judge it by the same standards as a painting, a book, or a spoken drama, nor by a combination of such standards—but how shall we judge it? Even the best of the critiques in newspapers and magazines do not help us as do those of art exhibits or symphony concerts. Books on moving pictures discuss the technique of production, the educational or social values of this, that, or the other type of film, but most of them seem to evade some essential element.

In "The Soul of the Moving Picture" the author, who is the writer of well-known German scenarios, has attempted to define this elusive element. He looks upon the moving picture as a new art, which, though it borrows certain features from its older sisters, is distinct from them in the means by which it makes its appeal. Fundamentally, he maintains, a moving picture represents feeling expressed through gesture. Setting, music, written words may be used with it, but they are subsidiary as music and setting are in the spoken drama. We have as yet hardly tapped the possibilities of this art of gesture. Heretofore it has expressed itself mainly in the dance, but with the advent of the motion picture camera there open up almost unlimited opportunities to its development as a universal art. It has not the limitations imposed on the spoken drama by differences in language, and its appeal is more popular because directed, not primarily to the intellect through words, but directly to the feelings through the sense of sight. If its history up to the present has not seemed in accord with such possible importance, this is because commercialism was quick to realize its immediate possibilities, while the conservative adherents to the older arts were inclined to disdain the upstart. Already, however, it is beginning to

be recognized as the most influential mode of artistic expression, and those concerned with beauty rather than merely with profits are attempting to steer its course. It is not a one-man art; the desired effect will be produced only when camera-man, stage director, poet (German *Dichter*), and actor realize their interdependence—and when the public also divides its praise or blame.

This thesis is elaborated further than this brief review can follow; cinema dramas well known to European audiences are drawn on as examples, and also for pictorial illustrations; the present development of the art in various countries is indicated; and the relation of scenery, titles, and other subsidiary features to the gestured story are discussed. The reader may not agree with all Mr. Bloem's conclusions or predictions, but the book cannot fail to make one see a new significance in moving pictures, and realize that one thing needed to judge a moving picture is a better understanding of it as a distinct form of art.

BOOKS RECEIVED

Nutritional Physiology. By PERCY GOLDTHWAIT STILES. Fifth Edition. Philadelphia; W. B. Saunders Co., 1924, pp. 307. $2.25.

A well-known handbook originally issued in 1912; intended for students already somewhat familiar with elementary science, and to be supplemented by other reading; now thoroughly revised with some shifting of emphasis and the inclusion of such recent topics as insulin.

The Calendar of Cakes, Fillings, and Frostings. Compiled by ELIZABETH O. HILLER. Chicago: P. F. Volland Co., 1924. $.75.

Recipes arranged in calendar form, one for each day of the year, usually seven to the page; accompanied by two pages of general suggestions and five of frostings and fillings; advocates the use of a special brand of flour.

Furniture Upholstery. By EMIL A. JOHNSON. Second edition. Peoria, Ill.: The Manual Arts Press, 1920, pp. 64. $1.25.

A standard handbook by the assistant professor of manual arts at Bradley Polytechnic Institute; includes a brief but suggestive historical introduction; gives explicit directions for simple upholstering; intended primarily for the school shop, but useful also to anyone wishing to upholster or repair upholstered furniture; freely illustrated with clear, well-chosen pictures.

Old Glass. European and American. By N. HUDSON MOORE. New York: Frederick A. Stokes Co., 1924, pp. 394. $10.00.

A handsome volume by a well-known writer on antiques; traces the art of glass-making from Roman times, with brief reference to Oriental products, and more detailed accounts of Venetian, Bohemian, English, Irish, and American blowers, the latter occupying nearly half of the volume, and including valuable lists of cup plates and American makers; includes 256 fine illustrations of authentic specimens; designed primarily for the collector, especially of American glass, but of general interest and valuable for reference in the history of crafts or household furnishings.

The Economic Waste of Sin. By LAHMAN FORREST BOWER. New York: The Abingdon Press, 1924, pp. 272. $1.75.

The attempt, made by a manufacturer who believes in a causal relation between obedience to the moral law and economic progress, to estimate the money value of the annual losses attributable to such causes as crime, war, preventable diseases, poverty, suicide, and the use of drugs in the United States; starting with statistics given in public documents and the reports of religious, social, financial, and industrial organizations, makes what the author considers conservative estimates of the total sums chargeable to anti-social acts.

Fifty Famous Farmers. By LESTER S. IVINS and A. E. WINSHIP. New York: The Macmillan Co., 1924, pp. 407. $2.00.

Brief accounts of the life and work of men prominently associated with the development of scientific agriculture including some not themselves farmers; groups them, not always correctly, under such headings as inventors, leaders in rural economics and social life, administrators, and the secretaries of Agriculture in the United States; includes among those of special interest to home economics Kenyon L. Butterfield, Seaman A. Knapp, W. O. Atwater, A. C. True, Eugene Davenport, H. P. Armsby, and A. R. Mann.

Informing Your Public. By IRVING SQUIRE and KIRTLAND A. WILSON. New York: Association Press, 1924, pp. 156. $1.50.

A publication from the International Committee of Young Men's Christian Associations, attempting to adapt publicity methods to the principles and practical needs of religious and other philanthropic organizations; defines desirable publicity as information service; emphasises quality or accuracy of information rather than zeal in propaganda; discusses briefly sources of information, and the technique of collecting, presenting, and distributing it; includes a short but suggestive list of books; brief, readable, and helpful to the person unfamiliar with the subjects.

Household Refrigeration. A complete treatise on the Principles, Types, Construction, and Operation of both Ice and Mechanically Cooled Domestic Refrigerators, and the use of Ice and Refrigeration in the Home. By H. B. HULL. Chicago: Nickerson & Collins Co., 1924, pp. 328. Cloth binding $3.50; Morocco $4.50.

Inanition and Malnutrition. The Effects of Inanition and Malnutrition upon Growth and Structure. By C. M. JACKSON. York, Pa.: The Maple Press Co., 1925, pp. 616. $8.00.

The Super-City. The World's Most Efficient and Beautiful City. By ROBERT R. KERN. Washington, D. C.: Vail-Ballou Press, Inc., 1924, pp. 349. $2.00.

Woman's Share in Social Culture. By ANNA GARLIN SPENCER. Second edition, enlarged. Philadelphia: J. B. Lippincott Co., 1925, pp. 413. $2.50.

ABSTRACTS FROM PERIODICALS

NUTRITION

Thom, C.; Colson, H. C. and James, L. H. The ripe olive survey of 1924. *Amer. Jour. Pub. Health* 1924, 14: **1029.**

This report of an extensive survey of the condition of canned ripe olives in stock in the United States and Porto Rico is encouraging from the standpoint of botulism, for out of 800 spoiled or suspected samples, totaling over 2,900 containers, no olives capable of causing botulism were found. Questionable or markedly spoiled specimens were found, however, in containers of every brand examined. The principal defect in most of the samples was corrosion of the containers which varied from etching of the interior of the can to almost complete disappearance of the tin in places. Evidence was obtained that many of these samples had remained upon the dealers' shelves for several years. The marking of every can with the year of the pack is urged as a means of preventing the accumulation of old material.

Peterson, H. A. An experimental study of ununited fractures with especial reference to the inorganic bone-forming elements in the blood serum. *Bul. Johns Hopkins Hosp.* 1924, 35: **378.**

The results obtained in this investigation conducted on dogs confirm the conclusion drawn from clinical observations on human subjects, that a definite relationship exists between the concentration of calcium and phosphorus in the blood serum and the rate of repair of bone tissue. Bone fractures

did not unite in dogs in which, by means of diets deficient in calcium and phosphorus as well as fat soluble vitamins, the phosphorus content of the blood serum had been reduced to such a point that the product of the calcium and phosphorus in milligrams per cc. was less than 30, but when the phosphorus and the calcium-phophorus product were again raised to normal level, union of the fractures resulted. These findings emphasize the importance of proper dietary measures during the healing of bone fractures.

Gray, H. Diabetic diets in grams per kilogram of body weight. *Jour. Amer. Med. Assoc.* 1924, 84: 14.

The diets used in a number of diebetic clinics in connection with the insulin treatment of diabetes in children have been calculated in grams per kilogram of body weight and averaged by clinics and as a whole. The general averages for the 140 cases thus tabulated are: carbohydrate 2.6, protein 2.1, and fat 4.1 gm., and energy 55 calories per kilogram of body weight, with an insulin requirement of 20 units a day.

Smith, L. W. The experimental feeding of dried breast milk. *Jour. Biol. Chem.* 1924, 61: 225.

Breast milk dried by a modified Just-Hotmaker roller process was compared in antiscorbutic value for guinea pigs with fresh breast milk, fresh cow's milk, a commercially dried cow's milk (Dryco), and orange juice. The dried breast milk included freshly dried samples and samples which had been stored for two years. The breast milk was fed in 60 and 100 cc. amounts or their equivalents, the cow's milk in 100 cc. amounts, and the orange juice in 10 cc. amounts daily. There were no signs of scurvy in any case. Growth was subnormal on the smaller amount of fresh breast milk, and normal with the larger amount of fresh breast milk, the cow's milk fresh and dried, and the orange juice. Growth on the dried breast milk was somewhat slower than on the fresh and still slower on the samples that had been stored. It is concluded that "breast milk dried by the method described retains about 80 per cent of its antiscorbutic value when first prepared and about 40 per cent of its original antiscorbutic content after 'aging' for as long as two years."

Cavanaugh, S. W.; Dutcher, R. A., and Hall, J. S. Antiscorbutic potency of whole-milk powder. *Indus. and Engin. Chem.* 1924, 16: 1070.

Dried milk prepared by a spray process in which the milk is evaporated very rapidly in a continuous steel vacuum evaporator was found to have lost none of its antiscorbutic properties. Similar results were obtained with citrus fruit juices dehydrated by the same process. The lack of destruction of vitamin C is attributed to the rapidity of the drying process and the comparative absence of moisture.

Jones, J. B.; Murphy, J. C., and Moeller, O. The effect of long-continued storage at low temperature on the vitamin A content of eggs. *Amer. Jour. Physiol.* 1925, 71: 265.

Data are reported from the Bureau of Chemistry, U. S. Department of Agriculture on the vitamin A content of fresh eggs and eggs which have been kept in frozen condition of nine years. In preventive tests conducted on young rats 0.75 gm. daily of either the fresh or storage eggs proved adequate for normal growth and 0.5 gm. for growth at somewhat less than normal rate. In the curative tests there was prompt cure of ophthalmia on 0.5 gm. of either fresh or storage eggs. With decreasing amount the fresh eggs appeared to have a slight advantage over the storage eggs. The differences were so slight, however, as to lead to the conclusion that no appreciable deterioration in the vitamin A content of eggs takes place on prolonged storage in a frozen condition.

S. L. S.

NOTES AND CLIPPINGS

International Biological Abstracts. The National Research Council has announced the appropriation of $350,000 by the Rockefeller Foundation to finance a new scientific monthly intended to summarize all publications in botany, zoology, bacteriology, and kindred fields. It is expected that the new periodical, publication of which will begin in January, 1926, will absorb the present *Botanical Abstracts* and *Bacteriological Abstracts*. The Rockefeller grant is estimated to cover editorial and office expenses for ten years, leaving only printing and distribution to be covered by subscriptions.

Standardization of Hotel Chinaware. U. S. Department of Commerce, Bureau of Standards Simplified Practice Recommendation No. 5 summarizes what has been so far accomplished toward dimensional simplification of varieties and types of hotel chinaware. The work has been done through various hotel and manufacturing associations in cooperation with the U. S. Chamber of Commerce, the American Engineering Standards Committee, and the division of simplified practice of the U. S. Department of Commerce. The paper may be purchased from the Superintendent of Documents, Government Printing Office, Washing, D. C., for 5 cents a copy.

Hospital Laundry Problems. An article by Helen W. Munson in the *American Journal of Nursing* for February, 1925, contains information of interest to students of institution management and of textiles.

1921 Census of Paris. According to the weekly journal for primary teachers, *Manuel Général de l'Instruction Primaire*, the 1921 census of Paris shows that since 1906 the proportion of the population gainfully employed has increased 23.5 per cent in all, the gain among men being 17 per cent, while that among women is 33 per cent. There has apparently been some shift of the industrial population into the suburbs, but an increase of commercial and professional workers in the city proper. Of the ten large groups of occupations in Paris proper, commerce ranks first with 428,000 employed, the clothing industry second with 131,000, and the food industry eighth with 34,000 employed.

Experimental Kitchens for Advertising Company. According to its January *News Bulletin*, the J. Walter Thompson Company now maintains complete, modern kitchens in connection with two of its offices and has the use of that of a client for a third. This has come about because the company realizes the importance of getting the viewpoint of the women who on a conservative estimate make up 80 per cent of the nation's retail purchasers, of expressing the message of the advertisement in terms of her every day experience, and of testing the practical value of the products and processes described. The *Bulletin* also suggests that the time taken for educating herself for the selection of commodities prepared outside of the home accounts partly for the fact that the housekeeper of to-day does not find her life so much more leisurely than did her grandmother though it is unquestionably less laborious.

How Great Speakers Prepare Their Speeches. Though few home economists would place themselves in this category, many of them have to speak in public on the stage sufficiently often to be interested and helped by the account given by Austen Chamberlain in *The Living Age* for January 3, 1925, of the habits of British statesmen in preparing their speeches.

School Savings Banking. The American Bankers Association announces that during the year ending June 30, 1924, the number of school savings systems reported was increased from 494 to 683, the number of schools from 6868 to 9080, the participants from 1,901,851 to 2,236,326, the collections from $10,631,839 to $14,991,535.

WORK OF THE ASSOCIATION

WHAT MAKES A GOOD STATE ASSOCIATION

In this day of standardization it is natural that the state home economics associations should be asking what is a standard form of organization. This is not easy to define and anything one may say to-day will undoubtedly need to be modified before long. Nevertheless as one looks over the excellent results now being obtained by many states, one finds factors which seem to contribute to their success.

In practically all the live associations at least one professional meeting each year is held, with a program of sufficient significance and breadth of interest to bring together a large proportion of the home economists of the state and cause the others to regret their absence. Such a program includes a report of the annual meeting of the American Home Economics Association given by a person sufficiently discriminating to make it comparatively brief, yet sufficiently comprehensive for each individual to know what happened in her particular field as well as the main features of the general program of work adopted and the plans for the next annual meeting. Affiliated clubs are represented and report their activities.

The successful state association each year adopts a program of work based upon that of the American Home Economics Association, but including also items to which it wishes to give particular emphasis. This forms the basis for programs of meetings as well as for the work of committees and sections.

At most meetings provision is made for a social time when members have an opportunity to become acquainted with one another. Other parts of the program vary in character but there seems always to be one speaker who, formally or informally, gathers up the varied interests, shows their interrelation, and points the way toward a larger usefulness in the improvement of homemaking.

In general, such committees and sections as are formed parallel those of the American Association, but the interests thus represented depend largely on local conditions.

Another factor in a good state association is some method of keeping each member in touch with its own activities and those of the American Association. Sometimes this is done by a circular letter issued once or twice each year, sometimes through a printed or mimeographed bulletin issued monthly. It tells each member something of the progress of her profession, what the program of work is, and how it is being put into effect so that she can make her contribution to it.

A membership representative or committee is active in devising and carrying out plans for increasing the membership. It keeps an up-to-date list of potential members, teachers, homemakers, institution managers, women in business, and the rest. It knows the requirements for membership, is familiar with the graded membership plan, and the plan for affiliation of student clubs; a special person may be designated to promote such affiliation.

There is a state news gatherer, or a news gatherers' committee under a responsible chairman, who is responsible for sending to the JOURNAL at specified times, brief, well-written reports of significant happenings within the state. Someone is also appointed who works actively for the increase of JOURNAL subscriptions.

A legislative representative or committee keeps close tab on state and federal legislation of interest to home economists and joins with representatives of other endorsing organizations in promoting constructive legislation. Some states have legislative councils through which various organizations, our own among them, carry on legislative work. If there are other councils of state organizations such as health or welfare councils, the state home economics association is represented on them.

A news or publicity committee, through the newspapers and organizations of the state and in various other ways, keeps the people of the state conscious of home economics activities and interprets their true significance. As the newly-established publicity work of the American Association develops, the lines of activity for this committee will be clearer.

The state councilor or other duly authorized representative of the state association attends the annual meeting of the American Home Economics Association. She takes part in the Council meetings, and at a special meeting of the Association, often at the banquet, she tells briefly but spicily what especially noteworthy things have happened in her state association during the year. She cannily hands in a type-written copy of her remarks to make sure that they get due attention in the proceedings number of the JOURNAL. The president of the state association also attends the annual meeting of the American Association so that she may share in the give and take of experience at the informal gathering where these state presidents meet with national officers. Affiliated clubs send representatives who report at a special meeting.

Except under special circumstances, the dues to the American Home Economics Association are sent to the Washington office not later than January 1, and with them go the membership blanks, carefully filled in. The occupation of the member is an important item on these banks, as it is the only means of telling how members are distributed among the various branches of our profession.

Probably no one association includes each of these features exactly as here described. It is safe to say, however, that some such provsions for developing our local and national interests and relations are essential to the strong growth of our professional organization.

LITA BANE, *Executive Secretary.*

HOME ECONOMICS IN BUSINESS SECTION

The Home Economics in Business Section of the Association is the only section at the present time which has standards for membership. These standards, as approved by the Council at the New Orleans meeting last year, have for their objective the recognition of the need of a four-year course in home economics as the proper training for women carrying on home economics in business organizations. A splendid contribution has been made, however, by women without this training who have pioneered in the business field, so the standards were made to include a full recognition of the value of experience and successful work carried on by women without a four-year course in home economics.

The members of the Section are anxious that all other members of the Association understand fully the standards for membership and how they are administered within the Section. These standards are exceedingly broad, so that any one doing a standard piece of work with a business organization that contributes to better homemaking will not be eliminated from membership. The following types of preparation are recognized as qualifying for membership in this section:

Training from a recognized institution giving organized home economics work
Academic training with special training in home economics superimposed
Experience, extending over at least five years, which has made a constructive effort to raise home standards and has made a real contribution to home economics.

Information covering these points is called for on the application for membership blank. The blanks are not distributed generally, but are supplied upon request to any one wishing to affiliate with the Section.

The training and experience of applicants are passed on by a membership committee made up of a member of the association working in the extension field, one in resident teaching, and members of the Home Economics In Business Section representing the various business groups. The personnel of the membership committee this year is: Cora M. Winchell, vice-president

of American Home Economics Association, representing the Association; Anna E. Richardson, representing resident teaching; Mrs. Louise H. Campbell, representing home economics extension; S. Agnes Donham; Eleanor Ahern; Helen Arms; and Gudrun Carlson, Chairman.

At the close of the Buffalo meeting, the membership of this Section was sixty-five. Since that time, more than thirty additional women have applied for membership. A number of the larger cities have local groups of section members which meet several tmes during the year to carry out the program of the Section and to become better acquainted with one another and the work being done by their business firms in furthering home economics. These groups are also making a concerted effort to include in the membership of the Section all the persons who properly should be affiliated with it. Local groups of the Section are found in New York City, Chicago, Philadelphia, Boston, Washington, Cincinnati, Cleveland, St. Paul, Minneapolis, Pittsburgh, Los Angeles, and San Francisco. Some of the state associations have formed Home Economics in Business Sections.

A committee of the Section is working with the Truth in Advertising Committee of the Associated Advertising Clubs of the World in order to call the attention of business firms to incorrect advertising. A study is also being made of the types of training which best fit home economics women for business positions. Many colleges and universities are including electives in their home economics courses which give special training in journalism, economics, business administration, and other subjects necessary to the young woman contemplating, entering the business field. The type of training needed will be one of the special subjects for discussion on the program of this Section at the San Francisco meeting.

The members of the Home Economics in Business Section, representing, as they do, many of the large industries of the country which are dealing in products or equipment necessary in the home, can render a definite service of highest professional standard to members of the American Home Economics Association who are in teaching, extension, and other fields. The chairman of this Section will be glad to put those interested in any special service into communication with home economists in business firms who can give them more detailed information concerning literature, personal service, and exhibits which will be of assistance in furthering that or any other phase of home economics.

LOUISE FITZGERALD, *Chairman.*

Home Economics in Business, Westward Ho! It might have been a night in Peking. Chinese lacquer, jewelry, brass, oriental trinkets gave the place the flavor of the Far East, and all for a Far West purpose. It was the first 'get together and get acquainted' meeting of the Business Section of the Bay Home Economics organization in San Francisco. It happened December 12. And the tier upon tier of steps leading to the quaint roof garden and the Court Yard Tea Room seemed only to heighten the enthusiasm of the sixteen home economics women who came. A well-appointed dinner was served by fascinating Chinese girls in costume who knew their culinary p's and q's even though their hair had long since been modernized to the 'bob' degree.

Miss Charlotte Morton, president of the Bay Home Economics Association came up from San Jose State Teachers College to do the welcoming honors. Dr. Agnes Fay Morgan, of the University of California, outlined the plans for the San Francisco convention. Mrs. Marion Treat Shafer, of the League for National Service and formerly manager of the restaurant in the New York Bank of Commerce, drew a most interesting picture of the general field of home economics in business. Helen Wells, manager of the Francisca Club, presented a brief history of the Home Economics in Business Section of the national association, and its plan of work was outlined by Lurene Seymour, formerly of Mills College.

BARBARA REID ROBSON, *Chairman.*

GOVERNMENT PUBLICATIONS OF INTEREST IN PLANNING A TRIP TO CALIFORNIA

National Parks. Visits to those listed below can easily be made in connection with a trip to California. All of them will be open at the time of the San Francisco meeting.

Yellowstone National Park in northwestern Wyoming.

Yosemite National Park in eastern California.

Sequoia National Park in middle eastern California.

General Grant National Park, 6 miles from Sequoia.

Grand Canyon National Park in north central Arizona.

Rocky Mountain National Park, 70 miles northwest of Denver, Colorado.

Glacier National Park, located in northwestern Montana.

Mount Rainier National Park, Washington, four or five hours distant by automobile from either Tacoma or Seattle.

Crater Lake National Park in southwestern Oregon.

Mesa Verde National Park in southwestern Colorado.

Zion National Park in southwestern Utah.

Lassen Volcanic National Park in northern California.

Hawaii National Park includes three separate areas—Kilauea and Mauna Loa on the Island of Hawaii, and Haleakala on the Island of Maui.

Mount McKinley National Park in south central Alaska. There are no tourist accommodations in the Park as yet. Park accessible from Alaska Railroad for pack train trips from July 1st to September 15th.

For circulars of general information regarding individual Parks address the Director, National Park Service, Department of the Interior, Washington, D. C.

Guide books and Other Bulletins. The Government Printing Office issues a series of guidebooks, which are educational in purpose, but arranged to entertain the traveller by making more interesting what he sees from the car window. The route map in each is arranged on about 20 sheets. Historical, geographical, and geological information is interspersed.

The titles, prices, and reference numbers are:

GUIDEBOOK of western United States. 1915.

Pt. A, Northern Pacific route, with side trip to Yellowstone Park. 212 pages, 27 plates, illus., maps. (Geological Bulletin 611.) 50¢. I 19.3:611.
Through Minnesota, North Dakota, Montana, Idaho, and Washington.

Pt. B, Overland route, with side trip to Yellowstone Park. 244 pages, 50 plates, illus., maps. (Geological Bulletin 612.) 50¢. I 19.3:612.
Through Nebraska, Wyoming, Utah, Nevada, and California.

Pt. C, Santa Fe route, with side trip to Grand Canyon of the Colorado. 194 pages, 42 plates, illus., maps. (Geological Bulletin 613.) 50¢. I 19.3:613.
Through Kansas, Colorado, New Mexico, Arizona, and California.

Pt. D, Shasta route and Coast line. 142 pages, 33 plates, illus., maps. (Geological Bulletin 614.) 50¢. I 19.3:614.
Through Washington, Oregon, and California.

Pt. E, Denver and Rio Grande western route. 1922. 266 pages, 96 plates, 10 maps. (Geological Bulletin 707.) $1.00. I 19.3:707.
Through Colorado and Utah.

These guidebooks may be purchased at the prices noted from the Superintendent of Documents, Government Printing Office, Washington, D. C. Remittances must accompany order and should be postal money order, express order, or New York draft payable to the Superintendent of Documents or by special coupons sold by him in sets of 20 for $1.00.

NEWS FROM THE FIELD

KINDRED INTERESTS

American Association of Social Service Workers. This organization, first formed in 1918, now has a membership of over 1200, and has recently moved its headquarters from the Johns Hopkins Hospital, Baltimore, to 30 East Ontario Street, Chicago. The possibilities of development are shown by the fact that the U. S. Bureau of the Census reports 574 hospitals with social service departments.

American Sociological Society. Over 400 persons were in attendance at the 19th annual meeting in Chicago, December 29 to 31. The outstanding features of the meeting were reported to be the dominating influence of the general sessions, the growth of special groups, and the increased interest in research. A new section on the family is of special interest to home economists. For 1925 the president is Robert E. Park and the secretary-treasurer, Ernest W. Burgess, both of the University of Chicago.

Institute of Social and Religious Research. An economic and social survey of China is to be undertaken by this organization, and the field work is to be done under the direction of Dr. Royal Meeker, formerly Chief of the U. S. Bureau of Labor Statistics and more recently with the International Labor Bureau associated with the League of Nations.

International Conference of Social Work. At the meeting held in Toronto in 1924, plans were begun to hold another conference in Paris during the summer of 1925, but this has been postponed until 1926.

International Kindergarten Union. This organization has recently joined the ranks of those maintaining headquarters in Washington, being now installed in the new Investment Building at 15th and K Streets. It has also begun the issue of an official journal known as *Childhood Education.* This is edited by Miss Mae Murray and Miss Mabel E. Osgood in the Washington office and is published for the Union by Williams and Wilkins Company, Baltimore. It is issued ten times a year and the subscription price is $2.50.

Medical Society Meetings. Eleven special medical societies are scheduled to meet in Washington between May 4 and 7. The annual meeting of the American Medical Association is to be held in Atlantic City, May 25 to 29.

National Committee for Mental Hygiene. Dr. George K. Pratt, formerly of the Massachusetts Society for Mental Hygiene, has been made assistant medical director of the National Committee, the headquarters of which are at 370 Seventh Avenue, New York City.

National Congress of Parents and Teachers. The annual meeting is to be held in Austin, Texas, April 27 to May 2.

Pan American Educational Congress. This Congress, which was originally called to meet in Santiago, Chile, during the summer of 1925, has been definitely postponed until August, 1926. In the February issue of the JOURNAL it was mentioned as a pedagogic congress, but the word educational has now been substituted in the official English version of the name.

Phi Upsilon Omicron. Dr. Alice Blood, Dean Anna E. Richardson, and Lita Bane have accepted invitations to national honorary memberships.

Progressive Education Association. The annual meeting of this organization, which includes many laymen, is to be held in Philadelphia, April 23 to 25. One session will be devoted to the problem of the American colleges, another to individual education, and another to progressive education in the public schools, with speakers of national reputation for each. There will also be a session at which delegates will report

on the work being done in public and private schools. The permanent headquarters of the Association are at 10 Jackson Place, Washington, D. C.

Vocational Education Association of the Middle West. The winter convention was held at the Hotel Sherman, Chicago, February 12 to 14. The section on home economics education was in charge of Jenny Snow of Chicago, assisted by Ada Hess and Abbie Marlatt.

World Federation of Teachers' Organizations. It is announced by the secretary of the Educational Institute of Scotland that among those who will address the delegates to the conference to be held in Edinburgh in July are Sir J. M. Barrie, H. G. Wells, Stanley Baldwin, and Lady Astor.

Advertising Research. The American Association of Advertising Agencies has recently established a department of organized research, and Dr. Daniel Starch, associate professor of marketing in the Business School of Harvard University, has been placed in charge.

U. S. Bureau of Home Economics. The textiles and clothing division has recently installed a collection of the various types of sewing machines now available on the market. Six rooms have been set aside for this purpose and, with one exception, all of the machine manufacturers have displayed a keen interest in making the exhibit as complete as possible. It now includes forty-three machines The object is to provide a place where visitors to the Bureau can compare all of the models being offered and also to facilitate the studies now being carried on in connection with clothing construction. In this connection it is worthy of note that there is no national organization of sewing machine manufacturers and this is the first time the various makes have been brought together where they can be viewed as one collection by the general public.

There is much discussion at present on the home sewing versus ready-to-wear problem. Whether or not it will ever be possible to answer all the questions which arise in connection with this, certainly true it is that to-day the woman who sews at home needs all the assistance possible in developing more efficient methods of work and obtaining more satisfactory results. Her best help is the sewing machine and its attachments. It is the purpose of the bureau to determine just how much assistance is available from this source and encourage her to take the fullest advantage of it.

National Association of Wage Earners. The purposes of this association, which aims to bring together self-supporting colored women, particularly those engaged in domestic work, is stated as follows: "To develop and encourage efficient workers. To assist women in finding the kind of work for which they seem best qualified. To elevate the migrant class of workers and incorporate them permanently in service of some kind. To standardize living conditions. To secure a wage that will enable women to live decently. To assemble the multitudes of grievances of employers and employees into a set of common demands and strive, mutually, to adjust them. To enlighten women as to the value of organization. To make and supply appropriate uniforms for working women. This shall be done through a profit-sharing enterprise operated by the association. To influence just legislation affecting women wage earners. To work and vote for principles that make for better communities and happier citizens."

Miss Nannie H. Burroughs, principal of the National Training School at Lincoln Heights, is president, and the association has purchased a house and established headquarters at 1115 Rhode Island Avenue, Washington, D. C.

States demanding Health Certificates before Marriage. Louisiana has been added to the list of states requiring a physical examination and a clean bill of health before the issuance of a marriage license. Others are Alabama, Indiana, Michigan, North Carolina, Oklahoma, Oregon, Pennsylvania, and Utah.

Study of Health Legislation. Courses in public health law are now offered by the Yale School of Medicine, Columbia University, and the Massachusetts Institute of

Technology, Mr. James A. Tobey of the National Health Council conducting the work in all three institutions. Mr. Tobey, who has been acting as secretary of the National Health Council, has resigned that position to devote two years to further study of health legislation.

The Trudeau Sanatorium, 1885–1925. The fortieth anniversary of the founding of this, the first institution for the treatment of tuberculosis by modern methods, is the occasion for many tributes to the life and work of Edward Livingston Trudeau. The sanatorium which he established in the Adirondacks is now the centre for research and training as well as for the care of the tuberculous, and includes a foundation for scientific studies established as a memorial to him after his death in 1915. The influence of his methods has spread far beyond the treatment of tuberculosis alone, and is often considered as perhaps the greatest single factor in the increased importance given to fresh air and rest in maintaining as well as in regaining general health.

Research in Japan. Among the subjects of scientific research to which the Japanese government has devoted 135,000 yen (about $67,000) for the current fiscal year are prophylaxis of typhoid fever and dysentery with special reference to food and drink; the functions of the liver; and basal metabolism and nutrition.

ALABAMA

Alabama Home Economics Association. A mid-winter conference with the vocational home economics teachers was held in Montgomery December 4–6. Eighty home economists attended the various sessions. Home economics work in Alabama was the keynote of the meetings. Plans for future development were set forth and a program of work was adopted. Since some of the standing committees were not present to report, the latter is not complete. As accepted it included: Membership—Double the membership of 1923–24; thirty affiliated home economics clubs. Annual meeting—An outstanding speaker for the annual meeting in Mobile. Publicity—An improved Alabama Economics Association news letter and high school news letter; more use of weekly and daily papers and professional magazines.

CALIFORNIA

California Home Economics Association, Bay Section. The second dinner meeting of the Business Section was held at the San Francisco Cooking School, January 28, Miss Stolz and Miss A. A. Klabundie acting as hostesses. The group decided to devote the next two meetings to a study of the different phases of home economics in business. It is hoped that out of this work will grow recommendations for the training necessary to equip home economics women for business. Plans were made for the establishment of a clearing house for all information on home economics in business. Convention plans were discussed at length. The local group will make every effort to insure the comfort and pleasure of the Home Economics in Business section of the National Association when it meets in San Francisco next.

The February meeting of the Business Section was in charge of the Chairman, Mrs. Barbara Mae Robson, and among the speakers were Mrs. Marion Treat Shafer of the League for National Service, and Viola Rogers of the Educational department of one of the large stores, whose topic was "The Girl Behind the Counter."

A group of Bay home economists have been very active in soliciting advertisements for the first issue of the California News Letter, which was published about February 15. This contains not only news from each of the California sections but national news, interesting courses of study, and convention plans.

Northern Section. Miss Emeline Whitcomb of the U. S. Bureau of Education was the guest of honor at a dinner at the Hotel Senator, Sacramento, on December 15. Miss Saidee Stark, president of the State Association, presided and the address of welcome was given by Rabbi Rheinhart. Other speakers of the evening were Mr. Edward Krehbiel, efficiency manager of the firm of Weinstock Lubin Company and Mrs. Hugh Bradford, state president of the

Parent-Teachers' Association. Miss Dorothy Morrill entertained with several vocal selections. Miss Whitcomb spoke on the relation of home economics to other subjects in the curriculum and emphasized the great breadth of the subject with its many possible correlations. About forty members and their guests were present.

State Teachers College, Chico. This is one of the teacher-training institutions in California, coöperating with the State Board of Education under the vocational education plan for the training of experienced homemakers as homemaking teachers. Last year about 20,000 women, enrolled in special day and evening classes of the public high school, were instructed in various homemaking topics. Since 1917, this institution has successfully recruited and trained a number of women who have had at least four years of homemaking experience after their eighteenth year. This year the teacher-training facilities have been extended to train homemaking teachers as instructors of adults, and for the project of instructing adults in child-care and training. This includes a detailed study of the theories and practices of adult education, recruiting methods, the introduction of specialized courses in child care and nurture, and supervised practice teaching with adult classes. Eventually this teacher-training service will be extended to teachers in service, either through extenson service or summer session programs.

Miss Gail Burfield is in charge of the project at Chico State Teachers College, Miss Louise Wood at San Jose State Teachers College, and Mrs. Henrietta K. Burton at the Southern Branch of the State University.

DISTRICT OF COLUMBIA

District of Columbia Home Economics Association. The District Association and the Housekeeper's Alliance united in a dinner meeting on January 17 at which "The American Home" was again the chief theme for discussion. The first speaker, Mrs. John D. Sherman, national president of the General Federation of Women's Clubs, illustrated her points by reference to her Rocky Mountain home where the equipment is modern enough and the working surfaces high enough to delight the heart of any home economist, and where the time so saved from the mechanics of housekeeping is spent in studying the wild flowers and getting the other permanent enjoyments from a home located in such surroundings. Mrs. Maggie W. Barry, national chairman of the department of the American home of the Federation, traced the influence of economic and industrial conditions on the home through various centuries to the present day, when speed and comfort seem to be the chief aims of American home life. She ended with a strong plea to home economics workers to aid the Federation in working for better homes. In an impromptu speech Miss Sophonisba Breckinridge touched with delightful humor and keen understanding on many of the vital problems of the American home, ending with the thought that just as students are prepared in the laboratory before they are turned loose on experimental work, so should the home prepare the modern flapper for the social experiments she is going to make, willy-nilly.

Colored Schools. A very interesting exhibition and demonstration was given at the end of the first semester by the sixth grade domestic science classes of the Garrison School for colored children. Invitations, written by the children, had been sent out to parents and friends, and at one thirty o'clock in the afternoon, the principal of the building, several of the regular teachers of the school, and a group of mothers were assembled in the 'cooking room.' The object of this meeting was to show to their parents and teachers what they had learned from their 'cooking teacher.' Many of these mothers had left their washing, ironing, or other house work to come at the insistent demands of their children. Spread out on the table were the children's 'home books,' containing pictures, representing their ideals of an appropriate kind of bedroom, living room, dining room, kitchen, and bathroom, of labor saving devices and foods emphasized in class. As a further illustration of what

they had learned about the proper kind of food necessary for good health, a play was given. Eggs, butter, cereal, green vegetables, fruit, were brought in and deposited on a table, with an appropriate expression about each. A chubby little fellow, short of stature for his age and very smartly dressed, was lead in by a pupil and the audience told that he represented the small amount of meat that ought to be eaten. A little girl, about the same size as the boy, dressed in white and looking very dainty, represented the small amount of sweet necessary for children. Milk, in the form of a girl dressed in white, then entered and claimed the foremost position as a nutritive food but was challenged by coffee, a girl dressed in brown. The dispute was settled by a judge and coffee was driven out. The youngsters carried the idea out wonderfully well for an almost impromptu affair and the parents were delighted. Cocoa and cookies were served to the guests. Similar work was done in all of the cooking schools where the sixth grade classes were completing the semester's work.

One hundred seventy-eight girls are enrolled in the O Street Vocational School. Plain sewing, dressmaking, millinery, novelty work, cafeteria operation, are some of the vocations taught. Under the leadership of the principal, Miss L. C. Randolph, this school has made great strides in the last few years.

Twelve of the senior girls of the Miner Normal School are preparing to go out in March for their twelve weeks of practice teaching. Half of this time will be spent in practicing in the domestic art classes and the other half in the domestic science classes of the elementary schools. These girls receive diplomas in home economics and are appointed to positions in the elementary schools of the District on the same basis as those in the primary grade course.

Mrs. Gertrude Woodard, teacher of home economics in the Miner Normal School, has been designated as dean of girls in that school. Her position has been filled by the transfer of Mrs. Etta B. Lisemby from the Armstrong Technical High School. Mrs. Lisemby will have charge of the food work while Miss Lottie Ruff is in charge of the clothing and industrial arts work.

Mrs. Bessie Miller Nurse, after a leave of absence, has been reinstated and assigned to head teacher of home economics in the Armstrong and Dunbar High Schools. The home economics work in these schools is being reorganized and the course of study revised under the direction of Mrs. Nurse.

George Washington University. The second semester of the course in child welfare given particularly for home economics teachers in the public schools, will be in charge of Emma O. Lundberg, director of the social service division of the Children's Bureau of the U. S. Department of Labor. The lectures will deal with the social aspects of child welfare, emphasizing such questions as: the economic basis of child welfare; the family and the neighborhood; causes and prevention of child dependency and neglect; the care of dependent children; juvenile delinquency and juvenile courts; community measures and legislation for safeguarding the welfare of children; and child-welfare standards.

Mt. Vernon Seminary. Florence Peters, a graduate of Teachers College, Columbia University, has charge of the home economics work this year, in the absence of Miss Trippett, who has been associated with the school for a number of years.

The department of home economics has two distinctive features. It is intrinsically a part of the science department, the cooking class being in reality the laboratory of the household science class which is taught by the instructor in chemistry and physics. The course, in distinction from theoretical chemistry and physics as presented to the college preparatory class, shows the practical application of chemistry to household materials, such as foods, textiles, cleaning compounds, bluing, soap, and the like, and of physics principles to the heating and ventilation of buildings, and similar problems. A lecture course on housewifery which deals with budgets and schedule making, study of architects' plans, and other questions concerned with the building, and furnishing, and running of a home, forms another important part of the course.

The second distinctive feature is the tea house. The girls in the advanced class have charge of a tea room which is open twice a week for the students of the school. The entire management of this tea room is in the hands of a board of managers elected from the advanced students in conference with the instructor. The margin of profit thus earned is being invested and forms a fund which eventually will build a house containing a housekeeping apartment and the home economics laboratory.

GEORGIA

Georgia Home Economics Association. Membership for the year 1924–25 has increased more than 100 per cent. This is due to an active membership committee and an increased interest in home economics throughout the State. It is hoped that as the workers in the various fields of home economics come together in the Association they may exchange ideas and by coöperation make the Association a power for good in Georgia.

Home Economics Essay Contest. The Georgia Home Economics Association in order to stimulate interest in home economics in high schools and colleges is conducting an essay contest open to girls in third and fourth year high schools in Georgia. The four prizes to be awarded in this contest are partial cash scholarships in home economics valued at $125, $100, $75, and $50. The money for these scholarships is made up of small donations from home economics departments in high schools and colleges; also the home economics committee of the State Federation of Women's Clubs is supporting the contest with funds and interest. Much enthusiasm is being manifested in the contest. Not only have requests for rules come from girls in Georgia, but girls from nearby states are asking if they may enter. The association regrets that the funds now available are not large enough to extend the contest beyond its own state line.

Nutrition Contest. Another contest of keen interest is being conducted in nutrition by the Georgia branch of the National Congress of Parent and Teachers. The object is to stimulate an interest in the study of nutrition in the home. Up to this time most of the nutrition work has been with the child. This is a state-wide contest open to any affiliated parent-teacher association. Each parent-teacher member whose association enters the contest must serve to her family for one week meals adequate from a nutritional standpoint. A list of nutritional readings is furnished each contestant and before making out the meals for her family a careful study of what constitutes an adequate diet must be made. Records of readings and menus for the week, with a written summary of the principles gathered from readings, must be submitted to the judges. Prizes for the contest are to be given to the schools represented by the winning associations.

Annual Farmers' and Extension Workers' Conference. The eighteenth conference was held at the State College of Agriculture January 26 to 31. The slogan for the conference was, "Let's go, Georgia," and those who attended adopted it with a determination to make Georgia farms and farm homes go for 100 per cent efficiency in 1925.

Many phases of agriculture and home school improvement were discussed by interesting speakers. Representatives from 132 of Georgia's 162 counties enjoyed the conference and received inspiration for greater service.

IDAHO

Idaho Home Economics Association. A meeting was held in Lewiston, November 28, with Katharine Jensen, president, in the chair. The following officers were elected: President, Dorothy G. Ellis; secretary-treasurer, Ruth Fauble; councilor, Katharine Jensen; alternate councilor, Lulu Robertson. Following the business meeting Miss Jensen gave a very interesting talk on "The Relationship of the State Association to the National Association" and Miss Zudreele gave a paper on "Art in the Schools."

In order to get in touch with the home economists in the southern part of the state another meeting of the association was called December 13 at Pocatello.

University of Idaho. Mabel V. Campbell of the Federal Board for Vocational Education was at the University from January 21 to 27, and conducted group conferences of the teacher training staff, the senior home economics students, and four teachers from the field.

Smith Hughes Home Economics Conferences. Two have been held, the first on October 18 at the University of Idaho and the other December 13 at Pocatello. These conferences were conducted under the leadership of the State Vocational Education Department with Dorothy G. Ellis, state supervisor of home economics and N. B. Giles, state supervisor of trades in charge.

Status of Home Economics in Idaho. The home economics department has been re-established in one of the large schools this year and another school is planning the same thing for next year; one school has started home economics departments in two junior high schools; five home economics departments have been placed on the Smith Hughes list, making eleven schools in all; and in one school the home economics department has moved into a new building.

ILLINOIS

Chicago Normal College. Mary E. Freeman of the household arts department is giving a course in nutrition this semester to the 600 junior girls in the school. This course is planned to help the girls solve their own health problems and to prepare them to participate in health education in the elementary school.

University of Chicago. Every endeavor has been made through special appointments for summer quarter instruction to meet the increasing demands of specialists in different lines of home economics. Those whose problems are centered on the psychology of child management will have the opportunity to work with Dr. Ada Arlitt, psychologist, at the Central Psychiatric Clinic, Cincinnati, in coöperation with the kindergarten-primary department and with the University Coöperative Nursery as a laboratory clinic. The interests of the dietitian will be met by courses on diet and disease with Rena S. Eckman, B. S., for a number of years dietitian at Michael Reese Hospital. Margaret O'Connor, assistant professor in home economics, Miami University and Miss Ethel Stilz, assistant professor in home economics, Indiana University will give courses in the teaching of millinery. Special instruction will be provided in textiles, clothing, costume design, and interior decoration through Mrs. Helen Goodrich Butterick; Arlyn Eilert, Iowa State College, Ames, Iowa; and Arabella Livington, University of Nebraska.

Vocational Homemaking Conferences Group X of the state vocational home economics teachers met in Riverside on January 31, and discussed club programs, home projects in clothing and in foods, budgeting, the course of study, difficulties of new teachers, and exhibits.

Group III met on February 7 and took up the following problems: home projects, the hot lunch, club work, use of illustrative material, home course of study, intelligence tests, and the use of their results for final examinations. There was also a round-table discussion of "The two most interesting things I have done this year."

Winchell Continuation School, Chicago. The courses in homemaking offered to 1200 to 1900 girls weekly at this school were described by Nona E. Goodwin in the Daily News for December 31.

INDIANA

Indiana Home Economics Association. The annual meeting was held at Purdue University on January 15, beginning with a luncheon at which reports from home economics classes throughout Indiana were given. Following this, the main session was held in the home economics building and the main speaker on the program was Mrs. O. M. Pittenger, president of the Indiana State Federation of Clubs, who spoke on "Better Homes for Indiana." In the evening there was a banquet in the home economics lunchroom which was attended by 200 women and at which Dr. Carolyn Hedger of the Elizabeth McCormick Memorial was the principal speaker.

Agricultural Conference. This replaced the annual Farmers Week and was held at Purdue University January 12 to 17. The program was slightly different this year, in that a single definite topic was discussed during the whole of each session. The principal speakers on the program were Martha Van Rensselaer, Dr. Carolyn Hedger, and Grace Frysinger. Because Dr. Hedger was with us, it seems a good year to stress health and a large part of the program emphasized this subject. There were several excellent talks given by rural women and by progressive homemakers and business women from various parts of Indiana.

The home economics faculty gave a dinner for Miss Van Rensselaer in the home economics lunchroom. The decorations were in red and white, the Cornell colors, and the menu cards were printed in red on a white background. Various faculty members responded to toasts on "Cornell colors," "The Cornell Campus," "Cornell girls," and "The Cornell home economics faculty" after which Miss Van Rensselaer made a short talk.

IOWA

Iowa State College. The girls' short course, December 29 to January 2, was the most successful one ever held on the campus. Of the 768 enrolled, 713 stayed throughout the week. These included 588 girls and 125 leaders, nearly all of them delegates from 71 counties. Among the speakers were Mrs. Mignon Quaw Lott, recreation specialist, and Mrs. Max Meyer of the League of Women Voters. One feature of the week was the daily music work. The study of music appreciation will be a part of every county plan for next year.

Teaching fellowships are open for next year in the departments of food and nutrition, household administration, textiles and clothing, and home economics vocational education. Applications may be made at any time. These fellowships allow for about one-third time teaching, the remainder graduate work. They carry a compensation of $540.

Miss Mabel Campbell of the Federal Board for Vocational Education, an alumna of the College, was initiated into active membership in Gamma chapter of Omicron Nu when she visited the campus in January.

A national chapter of Mortar Board was installed in February. Thirty alumnae and eleven active members were initiated.

Farm and Home Week was held February 2–7. The general theme for the women's program was "Cornerstone of the American Home"—health, sound economic standards, and constructive family development. Among the speakers on health subjects were Carolyn Hedges, Prof. Florence Busse, Dr. James F. Edwards, Mrs. Clara Ingram Judson, Gertrude Lynn, Dr. Emily Blanton, and Ruth Lindquist. Special intensive study groups were held throughout the week, one on child life, one on home management, and a third of rather unusual character on labor-saving equipment in which a limited number of women were given opportunity to use and test some of the equipment installed in the college laboratories.

The home economics club has a membership above 400 this year. It is affiliated with both state and American home economics associations and with the *Iowa Homemaker*, the official organ of the state association. The club expects to send a delegate to the annual meeting at San Francisco next summer. On February 13 the club very successfully put on its annual "Home Economics Vodvil."

LOUISIANA

Louisiana State University. A different style show was carried out recently by several senior practice-teachers in the home economics department to display the wool school dresses designed and made by the demonstration high school girls. The stage of the assembly room was appropriately arranged and labelled "School Togs Shop." One practice-teacher was the shop owner, while another, suitably dressed for shopping, came in to look at the school dresses. The owner of the shop said she had just received some lovely new models at a very reasonable price. While the prospective buyer discussed school clothes, each of the dresses was worn and exhibited by the girl who

had made it, and the dialogue showed that color, line, and trimmings had been carefully considered.

On August 11 to 14, a conference will be held of community leaders and others interested in community affairs, especially those pertaining to rural life. The possibilities of more effective organization for community improvement will be discussed and practical plans determined on. A number of prominent speakers will be in attendance. It is hoped that this meeting will be a power for good in the further development of social, home economics, and agricultural affairs of the State.

Louisiana Polytechnic Institute. Helen Graham, head of home economics department, is doing graduate work at George Peabody College. Martha Crouse, district agent in Home Demonstration Work, is also studying at George Peabody College.

MASSACHUSETTS

The Massachusetts Home Economics Association. *Smith College Meeting:* This meeting, scheduled to take place October 25, but postponed because of quarantine, was held at the college on January 17. At the morning session, 150 were present and at the forum in the afternoon over 200 attended.

Miss Thomas called the meeting to order at 10.30. Dr. Neilson in his address of welcome said he realized that most of the girls who received their education at the college became homemakers either through marriage or by returning to their parents' home. He welcomed this opportunity to learn more about home economics, for while Smith was a college of liberal arts and could never become a technical school, he was interested to know just how such a college could provide for the future homemaking interests of the students. Dr. Chase Going Woodhouse, in the absence of Mrs. Woodhouse, read a paper she had prepared for the October meeting. He did not confine his remarks to those of his wife, however, but launched forth on his own subject and emphasized the importance of the consumer in the program of production, which is, incidentally, a home economics problem.

At luncheon the association members were the guests of the college at the various campus houses. The afternoon meeting was an open forum. Dean Barnard opened the discussion by asking "What is Home Economics? Is it content? Is it an ideal? Or what?" Mrs. Mary Woolman of Simmons College and Columbia told some of her own experiences after leaving college, of her need of home economics knowledge and her absolute lack of it, and her story answered many unasked questions.

Miss Elizabeth Burbank, director of the girls Trade School, Worcester, spoke of home economics as a background of all education, both for men and for women. Miss Craig mentioned the great contribution to health that the better trained home economics teachers make. She spoke also of the broadening and socialization which was now taking place in such studies as physics, chemistry, psychology, sociology, and economics, and which made it possible for them to provide the content of home economics, regardless of what they were called.

Other contributions to the discussion were made by Dr. Alice Blood, Dr. Agnes Rogers, Maud Skinner, Amy Fackt, and Lucille Reynolds. It was the opinion of those present that the studies now being taught at Smith could be broadened and socialized so as to provide home economics content. This might be accomplished by having a teacher of broad education and vision to sit with the heads of the different departments and work out the best possible way of giving this home economic background, to which very possibly no special name need be given. It might be that one or two courses would have to be added, perhaps in response to the whetted appetite of the students.

Much of the success of this meeting was due to Miss Craig who arranged so excellent a program, and to Miss Elsie Leonard, chairman of the hospitality committee.

The executive board met on the evening preceding the Smith College meeting. They were the guests of the faculty at dinner at

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American School of Home Economics
5776 Drexel Ave., Chicago

the Alumnæ House and later held a business meeting.

The Massachusetts Home Economics Association coöperated with the Union Agricultural meetings at Worcester on January 9, 1925, in a homemaking day. The two sessions were very well attended and enthusiastically talked of. The speakers were Mrs. Elsie K. Chamberlain of the Clothing Education Bureau, Filene and Sons, Boston; Miss Mary Walker, Clothing specialist for Amory, Browne and Company, Boston; and Mrs. Julian A. Dimock, a home economist, homemaker, and apple-grower recently elected to the Vermont legislature.

MICHIGAN

Detroit Home Economics Clubs. Seven high school clubs have recently formed a federation to be known as the Detroit High School Federation of Home Economics Clubs. The purpose of this organization is to promote a wider acquaintance with one another.

Ypsilanti. The Home Economics section of the Mid-year Educational Conference of Michigan State Normal College was attended by nearly 400 people on January 16. Edna White of the Merrill-Palmer School of Detroit gave an interesting address on homemaking in which she said that all phases of this broad subject centered around the child and its interests. "Dressing to Insure Poise" was presented by Harriet Ainsworth of Filene and Sons, Boston, assisted by Helen Cornelius of the J. L. Hudson Company, Detroit. The latter firm furnished the garments to illustrate many of the points emphasized by Miss Ainsworth.

FOREIGN

Constantinople Woman's College. The report of the president for the year 1923–24 shows an enrollment of two hundred students, divided almost equally between day students and boarders. Of the fifteen nationalities represented, Greek, Armenian, Bulgarian, and Turkish were most numerous. The Greeks represented almost half of the day students, and the Armenians a quarter. Among the boarders Bulgarian girls were most numerous, then Turkish, and then Greek. The report of the home economics department, besides various items already noted in the JOURNAL, mentions the possible development of plans for a home management house.

This is one of the five Near East colleges to share the gift of $500,000 recently made by Cleveland H. Dodge of New York. The other beneficiaries are Robert College at Constantinople, the American University at Beirut, the International College of Smyrna, and the Sofia American Schools.

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AMERICAN HOME ECONOMICS ASSOCIATION

EIGHTEENTH ANNUAL MEETING

San Francisco, August 1 to 6, 1925

Fairmont Hotel, headquarters and meeting-place for all sessions, except as specified in program for Thursday

PROGRAM

Saturday, August 1. *Forenoon.* Registration: council meeting; short business meeting *Members' Luncheon* with brief greetings and responses.

Afternoon. 2–4.30. Section meetings: Food and Nutrition and Institution Economics, joint session, with Dr. W. D. Sansum, Santa Barbara Cottage Hospital, specialist in diet in diabetes and nephritis, and Dr. W. C. Alvarez, Hooper Foundation for Medical Research, authority on the mechanics of digestion, among the speakers; Textile and Related Art, joint session; Home Economics Education; Extension.

Group dinners.

Evening. General session; Nationally known educators to discuss administrative and theoretical phases of high school curriculum.

Monday, August 3. *Forenoon.* Section meetings: Food and Nutrition; Textiles; Home Economics in Business.

Group luncheons.

Afternoon. 2 p.m., Council meeting; 4 p.m. Business meeting of Association.

Evening. General session: Changing American Social Ideals and Practices.

Tuesday, August 4. University of California, Berkeley.

Forenoon. General session; Economic phases of home economics to be discussed including a paper by Dr. Alonzo E. Taylor, Food Research Institution, Stanford University, on the trend in consumption of fruits and vegetables.

Section luncheons.

Afternoon. Tour of the campus with guides.

Members' dinner at 6.30 p.m. in Stephen's Union, the beautiful student's club.

Evening. 7.30 p.m. Conference on research in home economics.

Wednesday, August 5. *Forenoon.* Business meeting of sections.

Group luncheons.

Afternoon. Business meeting of Association, followed by brief Council meeting.

Banquet. 6.30 p.m., followed by brief, snappy reports from state associations.

Thursday, August 6. Automobile trips to points of interest in San Francisco and vicinity, also trips of professional interest to factories, shops, laboratories, hospitals, schools, and museums.

RAILROAD RATES

Summer excursion rates to San Francisco will be cheaper than the fare-and-a-half rates offered under the certificate plan at previous meetings. Members are, therefore, advised to

buy excursion tickets from local agents or tourists bureaus, combining routes to suit their individual wishes.

Information on the special train leaving Chicago on July 26 via the Chicago, Burlington & Quincy Railroad, Denver, Rio Grande Western Railway, and Western Pacific Railway is given in the March JOURNAL or may be obtained from Nina Streeter, 5012 Dorchester Ave., Chicago.

HOTEL RATES

NAME OF HOTEL	ROOMS WITHOUT BATH		ROOMS WITH BATH	
	Single	*Double*	*Single*	*Double*
FAIRMONT (Association Headquarters)			$5.00	$7.00 and up (bay view $10)
BELLEVUE			$3.00, up	$4.50, up
CHANCELLOR			$2.50	$3.50, up
FIELDING			$2.50	$3.00, up ($4.00 twin beds)
PLAZA	$2.00, up	$3.00, up	$3.00, up	$5.00, up (suites for four $10.00)
STEWART	$2.00	$3.00	$2.50 to $4.00	$4.00 to $6.00
SOMERTON	$1.50	$2.00	$2.50	$3.00 (twin beds $4.00)
WILSHIRE			$2.00	$2.50 (twin beds $4.00)
Y. W. C. A.	$1.00	$1.00	$1.25, up	$1.25, up

All prices quoted are European plan, rooms only.

Reservations should be made direct with the hotel management. All hotels listed are very near the association headquarters. Further information may be had from the chairman of the committee on arrangements, care of Miss Bertha C. Prentiss, Berkeley High School, Berkeley California, and after the opening of the convention at the convention information desk.

TRIPS FROM SAN FRANCISCO

Beside the half-day trips arranged for Thursday, August 6, the local committee suggest the following as likely to interest visiting home economists:

Trip for one day. Mount Diablo by automobile; Mount Hamilton Observatory near San Jose; Mount Tamalpais (famous for its scenic splendor) and the Muir Woods; Angel Island, with marine views, recruiting barracks, and immigration station, Land's End, Cliff House, and Sutro Baths by automobile; automobile ride through Golden Gate Park, famous for scenery, animal reserves, museum, and scientific collections.

Trips for a week-end. Del Monte; Monterey and Mission San Carlos; Carmel with Mission Carmelo; Point Lobos; Lake County, petrified forests and geysers.

DONA DELUCE,
Chairman Publicity Committee.

Vol. 17, No. 5 May, 1925

Journal of Home Economics

For those interested in Homemaking, Institution Management, and Educational Work in Home Economics

Official Organ of the American Home Economics Association

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Royal Gorge in Colorado. On the Route of the Home Economics Special to San Francisco. See Page 289

Vol. 17, No. 5 May, 1925

Journal of Home Economics

A MARKETING EXHIBIT

DAY MUNROE

Teachers College, Columbia University

To say that modern life becomes more and more complex is to be bromidic, though truthful; but it is less trite when applied directly to such a subject as buying food. To make wise selections the housewife must not only know foods, but in addition she must have some basis for judging prices. That means she must know something of waste, of grades and brands, of the seasons and sources of foods, and of the factors underlying costs; she must be able to evaluate advertisements of food, since they may be helpful or may lead to unwise buying.

Obviously it is difficult for her to solve all of her problems alone, in her home. She must look about for information, and here is a decided opportunity for service from the home economics department of the college or high school. A very effective method for giving her the needed facts is an exhibit, because there are more ways of emphasizing values when they are shown than when they are told. Since the problems of no two groups of women would be identical, no two exhibits would be the same, but there may be suggestions in the way in which answers to some of the questions were worked out in an exhibit arranged in 1924 by the class in marketing problems at Teachers College.

The aim of the exhibit was to give information and excite a more general interest in economic aspects of food buying which are often passed by. Posters, charts, and examples of purchases of food helped to illustrate the findings of the students. Tabulated information, such as percentages of waste, was mimeographed for distribution, since visitors do not come prepared to copy such facts. At the door was a filled market basket, and over it the large colored warning:

HOW DO YOU FILL YOUR MARKET BASKET?

THERE ARE SAVING WAYS AND COSTLY WAYS.

The section devoted to fruit was prominent because there is available much helpful information on that subject which is not commonly employed in retail buying. For example, a large placard explained the grading of oranges according to size and below it were shown labelled oranges of the sizes most commonly used. If the housewife knows these size numbers, she can in buying ask for the one suited to her needs; she thus has a basis for comparing prices of different merchants, because while 'medium-sized oranges' means little, 'No. 176s' is definite.

A placard attempted to answer another question:

THE BABY NEEDS ORANGE JUICE.

WHICH ORANGES WILL YOU BUY?

1 pint of juice from the smaller fruit (No. 288) cost 15¢	1 pint of juice from the larger fruit (No. 150) cost 22¢

The Saving is Worth While.

The fruit juice and samples of the oranges used were shown below though probably the tale would have been just as credible without them.

There were also samples of the different sizes of prunes with cards telling the number to the pound and suggesting that the housewife buy according to size grade, for instance, the 70–80s. A graphic chart indicating the cost of the edible portion in each grade showed the possibility of saving by buying the smaller fruit.

The percentage of waste to be planned for in buying some of the more usual fruits and vegetables had been worked out by the students and was shown on charts with actual samples placed near by to drive the lesson home.

Of course the old question of bulk versus package had to be considered. On a table were oatmeal, rice, tapico, farina, cocoa, bacon, cornmeal, starch, dates, cheese, and spaghetti, in bulk and in package, the latter open so that the houwewives could compare qualities and cleanliness. Above was the following notice:

BULK OR PACKAGE?

IN THIS DAY'S SHOPPING THE PACKAGE FOODS COST
$1.07
MORE THAN THE SAME WEIGHT IN BULK.

Advantages of the package { Quality of known brands / Sanitary handling of foods

Can a reliable grocery store sell food of good quality under sanitary conditions without the package?

Let your income and your grocery store help you to decide which you will buy.

It is often urged that the housewife is more likely to receive honest weights in package goods than in bulk, and to test this more than two hundred purchases had been made by the students. Their results were tabulated on a large card which read:

PACKAGE GOODS	59%	Overweight	BULK GOODS	68%	Overweight
	41%	Underweight		16%	Underweight
				16%	Exact weight

The number of cases of overweight was far greater than that of underweight, and the latter was usually very small; the students felt that a special poster should have been made to show the housewives that in many grocery stores the dealer cheats himself more often than his customers.

In the city where apartments are small many goods are bought in small containers, often at higher cost than if larger ones were chosen. To illustrate this an exhibit of a typical purchase of canned and packaged goods was arranged. Jam, cocoa, flour, tea, grape juice, olive oil, raisins, dates, cheese, butter, jelly, olives, and canned peas were bought in small and in medium sized cans, packages, or bottles, and the two containers of each food were shown side by side with a sign such as this:

FLOUR

24½ pound sack	$1.26
3½ pound sack	.25

Buy the 24½ pound sack instead of seven 3½ pound sacks and

SAVE 49 CENTS

Except in the case of flour no container of either size held more than a pound or a pint, so that even the very tiny kitchenette would have space for the larger ones. Over the whole collection was blazoned:

SAVE $2.94 BY BUYING THE LARGER CONTAINERS.

The advantage of buying by weight rather than by the piece was shown by variations in weights, and consequently in actual costs, of celery bought by the bunch at the same price, on the same day, in the same locality. The fact was also illustrated that a dozen large eggs might weigh the same as fifteen smaller ones, bought at a different store, but at the same price per dozen.

In their studies of meat buying the students had observed quite as many bad habits as in other kinds of shopping. A poster told the following story:

HOW 100 PERSONS BOUGHT MEAT

Do You Watch the Scales or Have You Perfect Faith in Your Dealer's Honesty?

41% LOOKED AROUND THE STORE
37% GOSSIPED
22% WATCHED THE SCALES

Are Your Habits Better?

The economy of taking home meat trimmings for the soup or fat kettle was shown by the bones and trimmings from a rib roast of beef. The percentage losses in trimming, bones, cooking, and in plate waste, and their effect on prices were shown for various other cuts.

Fish buying is most interesting in New York, and comparisons were made of our annual consumption per capita and that of various foreign countries. The waste to be expected from fish of different kinds, the sources of New York's fish and shell fish, and the proportional consumption on Friday and other days were also shown.

Another exhibit was of a great number of loaves of bread, all tagged with individual weight and cost per pound, and showing as high a variation as 100 per cent in price. Above was the sign:

DO YOU WEIGH THE BREAD YOU BUY?

Loaves May Look Alike
but
Vary Greatly in Size

SHOULD NOT BREAD BE SOLD BY WEIGHT?

Since the exhibit, the New York State Bread Law has gone into effect, making it possible for the woman to know the weight of her purchase. Where there is no such law the need for it can be called to the attention of the housewives by such an exhibit, and they may be thus inspired to work to remedy conditions.

A few other questions of food distribution were also taken up. A large colored chart showed what part of the dollar spent by the consumer for different commodities goes to different parts of the distribution process, a certain color being used throughout for a certain marketing functionary, as yellow for the farmer and red for the retailer. This was also a lesson in the dangers of generalization, as it showed that the dollar is divided very differently in the case of different foods. Also it showed that with almost every food the most expensive step in distribution is the retail store, the place where the woman has the greatest opportunity to help reduce costs and the greatest responsibility for existing conditions.

To call the attention of the thoughtless to the difficulties of bringing

together the food materials for even a very simple meal, a breakfast table was set, with small cards showing the source of each material used, and with a string leading from the food to its place of production as marked on a large map of the world mounted back of the table. There was also a map of the United States, showing the states from which New York City receives lettuce and onions, two products usually considered local.

To help in the analysis of advertisements the students mounted typical examples of appeals made for the housewife's patronage, such as those based upon price, sanitation, health, quality, attractiveness, ease of preparation, or newer nutritional knowledge. If the woman who buys stops to analyze the appeal she can go far toward deciding how much it should influence her. If she is practicing rigid economy, she may pass by appeals based only upon attractiveness of the product, and pay more heed to those based upon price and quality. Especially should her attention be called to those advertisements which are misleading.

There were suggestions as to the possible coöperation of the housewife and the grocer, based upon interviews with dealers in various sections of the city. These were mimeographed for the woman to take home and consider at leisure.

The money saving-possibilities of the chain store were brought out with menus and the list of groceries purchased, giving the price comparisons. In these the foods were divided into groups so that the housewife might know where to expect larger savings, for example, whether on canned goods and staples, or on meats and fresh vegetables.

The housewives said they found the exhibit helpful, and a visiting extension worker was enthusiastic about a similar exhibit which could be prepared by the women of her community; but probably it was of even greater value to the students who collected the material, studied it, drew conclusions and checked results, and decided upon the most effective way of presenting them. In fact, the possibilities of such exhibits seem endless, both as to the materials to be shown and the service to be rendered.

WEARING TESTS OF KITCHEN TOWELING

KATHERINE TAYLOR CRANOR AND IDA BELLE DORSEY

Home Economics Division, Iowa State College

Kitchen toweling is a household necessity of which there are many kinds and qualities, but little definite information is available regarding the actual durability of different types. In the hope of helping to supply this lack, the study here reported was undertaken at the Iowa State College, the junior author conducting the experimental work as part requirement for the degree of master of science in home economics. Acknowledgment should be made for the assistance given by Esther Peterson, graduate assistant in chemistry.

Four grades of plain white toweling were used: plain linen, three-quarters bleached, 40 cents a yard; full-bleached linen with blue border, 65 cents a yard; union, full-bleached, blue-bordered, 35 cents; and cotton, full-bleached, red-and-blue-bordered, 25 cents. The union and cotton towelings were chosen as fabrics of good quality which might properly be compared with linen.

Thirteen towels, each 18 by 36 inches, were used of each material. One of each material was set aside to be tested unworn. The remainder were marked with identification numbers and put into service in the institutional management house, where careful track was kept of them and all received the same amount of use every week. They were laundered by home methods with electric washer, steam drier and mangle, and with water and neutral white soap as the only cleaning agents. One towel of each material was removed for laboratory testing at the end of three months, another after six months, and a third after eight months. Throughout the study note was taken of the general condition of all those in use and of what the users considered the desirable and undesirable characteristics of the different kinds.

Physical, chemical, and microscopic tests were made in the laboratory. The physical tests were for the most part made according to the directions published by the U. S. Bureau of Standards.[1] Thread counts, yarn numbers, twist and ply, length of fibre, and shrinkage were determined with unused samples only, while weight and conditioning and tensile strength were studied with used and unused toweling alike. The findings are shown in tables 1, 2 and 3.

[1] Testing and Properties of Textile Materials. U. S. Department Commerce, Bureau of Standards, Circular No. 41, 1915.

The thread counts were taken with a thread counter, twenty readings for warp and twenty for filling threads being made for each material. These were averaged, first for warp and filling separately and then the two combined.

TABLE 1

Results of physical tests with new towelings

TEST	THREE-QUARTER BLEACHED LINEN; 40 CENTS PER YARD	FULL-BLEACHED LINEN; 65 CENTS PER YARD	UNION; 35 CENTS PER YARD	COTTON; 25 CENTS PER YARD
Thread count:				
Warp	27.05	42.00	40.95	52.75
Filling	22.5	43.72	30.55	22.60
Average	24.77	42.86	35.75	37.68
Yarn count:				
Warp	12	16	10	14
Filling	9	24	8	10
Twist and ply:				
Warp	7; single	11; single	10; single	13; double
Filling	7; single	11; single	8; single	11; single
Direction of twist:				
Warp	Left	Left	Left	Right
Filling	Left	Left	Left	Left
Length of fibre:				
Warp	$\frac{5}{8}$ in.	1 in.	$\frac{3}{4}$ in.	$\frac{5}{8}$ in.
Filling	$\frac{1}{2}$ in.	$\frac{5}{8}$ in.	$\frac{3}{4}$ in.	$\frac{5}{8}$ in.
Shrinkage:				
Amount per yard	$2\frac{1}{4}$ in.	$2\frac{1}{4}$ in.	$2\frac{1}{4}$ in.	$2\frac{1}{4}$ in.
Percentage	$6\frac{1}{4}$ in.	$6\frac{1}{4}$ in.	$6\frac{1}{4}$ in.	$6\frac{1}{4}$ in.
Weight:				
Per 100 yards	14.63 lbs.	14.13 lbs.	28.50 lbs.	20.13 lbs.
Per yard	2.50 oz.	2.25 oz.	4.50 oz.	3.20 oz.
Length per pound	6.40 yds.	7.11 yds.	3.55 yds.	5.00 yds.

As will be seen in table 1, the thread count in the more expensive linen toweling was higher than in any of the other types. While the cotton toweling had a high thread count in the warp, it was low in the filling and its combined thread count did not equal that in the finer quality of linen. The thread count in the cheaper grade of linen was lowest, and was about equal in the warp and filling.

The yarn count or number was determined by a quadrant counter and was expressed in terms of 840 hanks per pound, the usual method for cotton. In the results as shown in table 1, the most noticeable fact is that the yarn count is highest in the more expensive linen toweling, and that in this the count is much higher for the filling than for the warp.

Twist and ply were determined by a twist counter. Twenty tests were

made for length of warp and as many for filling threads; the average number of twists per three inches of thread was noted regardless of whether the yarn in question was single or double ply, and from this the twists per inch were calculated. Table 1 shows that the twist for the more expensive linen, cotton, and union toweling was practically the same, while in the cheap linen toweling less twist was found. All threads were single ply except in the warp of the cotton toweling, which was double. In the union and cotton towelings the filling threads had less twist than the warp. All twists were to the left except in the double ply warp threads of the cotton material.

To determine length of fibre, a thread 5 inches long was untwisted, the fibres were laid in parallel bundles, these bundles were cut in half, rearranged with the uneven ends dovetailed together so that the bundle was of uniform density, and its length was then accurately measured. Ten measurements of warp and ten of filling threads of each material were thus made and averaged. Table 1 shows that in the linen towelings the fibre of the warp threads are slightly longer than in the filling, whereas in the union and cotton ones they are the same in both directions.

Shrinkage was determined on 2 by 4 inch samples, measured before and after laundering and pressing by household methods. As appears in table 1, the percentage of shrinkage was the same for all four types of toweling, and was confined to the warp threads, there being no shrinkage in the width of the cloth. Weight and conditioning were determined by the quadrant counter, together with a conditioning oven equipped with a differential thermostat and motor-driven fan by means of which the desired temperature was automatically and uniformly maintained. Five samples of each toweling were used. After the preliminary yarn counts had been made the samples were placed in the conditioning oven for $1\frac{1}{2}$ hours at 105°C.; they were then removed, reweighed, and returned to the oven where they remained until a constant weight was registered. They were then exposed for 5 hours to the air of the laboratory and reweighed and the difference between the constant weight after conditioning and that after exposure to ordinary atmosphere was recorded as regain. According to table 1, the union toweling weighed most and the more expensive linen least per pound. Table 2 shows that the cotton also had the greatest proportion of moisture with a low regain. The linen towelings are slightly lower than the union in proportion of moisture, but have higher regain. The cotton material showed the lowest proportion of moisture and had a higher regain than the union toweling. In general proportion of moisture decreased with usage.

TABLE 2

Weight and conditioning of towelings after different periods of wear

KIND OF TOWELING	EXTENT OF WEAR			
	New	Used 3 months	Used 6 months	Used 8 months
	per cent	*per cent*	*per cent*	*per cent*
Three-quarters bleached linen:				
Moisture	0.0680	0.0552	0.0504	0.0314
Regain	0.0411	0.0315	0.0235	0.0225
Full-bleached linen:				
Moisture	0.0663	0.0535	0.0610	0.0569
Regain	0.0206	0.0319	0.0162	0.0214
Union:				
Moisture	0.0767	0.0584	0.0436	0.0384
Regain	0.0278	0.0214	0.0247	0.022
Cotton:				
Moisture	0.0472	0.0395	0.0516	0.0651
Regain	0.0229	0.0250	0.0344	0.0405

TABLE 3

Tensile strength of towelings after different periods of wear

KIND OF TOWELING	EXTENT OF WEAR			
	New	Used 3 months	Used 6 months	Used 8 months
	pounds resistance	*pounds resistance*	*pounds resistance*	*pounds resistance*
Three-quarters bleached linen:				
Warp	23.20	16.33	13.31	13.11
Filling	19.55	16.18	13.11	12.35
Full-bleached linen:				
Warp	30.38	34.71	34.66	28.35
Filling	17.92	17.57	17.61	13.07
Union:				
Warp	99.29	78.53	68.93	67.08
Filling	79.50	71.50	67.77	66.05
Cotton:				
Warp	74.16	66.75	63.33	59.13
Filling	41.50	40.28	39.06	32.53

Tensile strength was determined by the use of the Scott machine. Samples 2 by 6 inches in size were kept in the drying oven for two hours at a temperature of 105°C. and run through the machine within half a minute after removal from the oven. The samples included some with warp threads running in the longer direction and also some with filling threads longer. About twenty samples for each direction of thread were tested for each kind of toweling at each stage of wear, making 673 tests

in all. Average results are recorded in table 3. The outstanding fact there brought out is that the tensile strength in the union towels was much higher than in any of the others. The cotton ranked second, and the more expensive linen showed greater tensile strength than the cheaper one. With all four towelings the tensile strength decreased in porportion to length of usage.

Chemical tests were made to find the amount and kind of sizing used in the four towelings, and also the presence of linen and cotton fibres.

To test the amount of sizing, ten samples of each unused material were held in the drying oven for 2 hours at 105°C., removed, weighed, boiled for 15 minutes in 200 cc. of distilled water, then boiled for 15 minutes in 100 cc. of 0.5 per cent solution of sodium carbonate, washed thoroughly, and again dried for 2 hours at 105°C.; on removal from the oven the samples were reweighed, boiled for 15 minutes in 1 per cent solution of sodium bicarbonate in a reflux condenser, removed, and washed thoroughly; then boiled for 15 minutes in a 2 per cent solution of hydrochloric acid; after this they were dried for 2 hours at 105°C., removed from the oven, and again weighed. The sum of the losses in weight during these various processes was taken to represent the weight of sizing, and from these figures the average percentage of weight to be attributed to sizing was calculated for each material. The average percentages were as follows: cheaper linen, 0.0959 per cent; more expensive linen, 0.0993 per cent; union, 0.0815 per cent; cotton, 0.0443 per cent. This indicates that the cotton material was of high grade.

To determine what kinds of sizing were used, the distilled water in which each set of samples had been first boiled was evaporated and tested by usual methods for starch, dextrin, sugar, chlorides, zinc, calcium, and sulphates. Chlorides were found in all four materials, and starch in the more expensive linen and the cotton; the other possible sizing materials did not appear in any materials tested.

It is noteworthy that in a sulphuric acid test the cheaper linen toweling dissolved most quickly of the four materials; the speeds were: cheaper linen, 25 minutes; more expensive linen, 40 minutes; union, 35 minutes; cotton, 30 minutes.

Tests for linen and cotton fibres were made with sodium hydroxide, fuchsine, cochineal, methylene blue, and copper sulphate and potassium ferro-cyanide. The expensive linen gave a positive reaction in all tests, the cotton a negative. The cheaper linen gave a positive-negative reaction with both warp and filling threads, showing that cotton was mixed with the linen in both sets. In the union towelling the reaction

in the warp threads was negative, in the filling positive, indicating cotton warp and linen filling.

Microscopic examination under a high power lens was used to show the kind and qualities of fibres in both warp and filling threads. In general they confirmed the physical and chemical tests. They indicated that the cheaper linen toweling contained poor cotton fibres and short flax or tow; that a better grade of flax was used in the more expensive linen; that the warp of the union toweling was cotton and the filling linen; and that the fibres in the cotton toweling were of long staple and good quality.

The records of wear showed that the cheaper linen towels had the most holes and worn places. The more expensive linen had become somewhat worn but not so badly as the cheaper. The union and cotton towels gave almost no sign of broken or thin threads even at the end of eight months.

The union and cotton towels were badly stained and somewhat greyed by laundering, while both qualities of linen had given up stains readily and looked whiter.

The students who used the union and cotton towelings disliked them thoroughly. They complained that the towels did not absorb moisture readily, left lint on the dishes, lacked softness, were difficult to launder, and looked badly. There was no complaint against the linen towels except that the cheaper ones left lint on the dishes.

The fact that both grades of linen toweling looked like good quality when new, taken in connection with the wearing qualities and the nature of the fibres as revealed by the tests, indicates that under present conditions appearance is a poor guide to value in linen toweling.

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THE PSYCHOLOGY OF CHILD NUTRITION

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The nutrition specialist has popularized the recent knowledge of child nutrition and has suggested certain reliable authorities for mothers to consult if in need of more detailed information. As yet, however, she has given little help to the mother whose child cannot, thinks he cannot, or will not eat certain foods needed to meet his fundamental nutritional needs. Such a mother is facing a very definite behavior problem. It is the old story of leading the horse to water. How is he to be made to drink?

The mother as well as the nutrition specialist is troubled not only because the child refuses to eat but also because these refusals are affecting his physical and his mental development. Cases of malnutrition and extreme willfulness as direct results of catering to the food whims of the child are constantly before the person who is alert to see them. The behavior problem must be handled before the health condition can be improved. Like other behavior problems this can best be solved through the application of sound principles of child psychology.

A search into the literature of psychology brings to light an explanation of many of the problems which arise in the training of young children and offers a number of suggestions for their solution, but unfortunately only few and scattered references are made to the problems of the meal hour, and the remedies suggested are even more scanty. Also this information is in some cases too technical to be useful to the mother who has had no training in psychology, and in other cases it is too popular to be accurate. It seemed desirable therefore to provide a popularized though accurate summary of the literature and to supplement it with new data as to the reason for these food refusals, the circumstances under which they begin, and the means for their prevention.

The work on which the present article is based was begun at the

Merrill-Palmer Nursery School, Detroit, and continued at the University of Missouri. The result of these investigations and the review of the literature of child psychology which preceded the study were presented in the form of a thesis for the degree of master of arts at the University of Missouri in June, 1924.[1]

The Merrill-Palmer School in Detroit affords a unique opportunity for comparing the physical condition of the child with his food habits and noting the relation between his general behavior and his reaction to food. A questionnaire for the study of feeding problems was worked out with the help of Dr. Helen Thompson Woolley and other members of the Merrill-Palmer School staff. This was used first in studying the reaction of Merrill-Palmer School children to food, and later at the University of Missouri the questionnaire was presented to mothers in order to obtain information about the food habits of children entirely in the home environment.

While many interesting facts about food refusals were brought together, the number of cases and the conditions under which they were studied render the findings of primary value in indicating the need for further investigation. Therefore, the schedule has been revised and enlarged and is being sent out to members of the American Association of University Women who are enrolled in child study groups. It is hoped that the information obtained from this larger study will be of sufficient value when assembled and analyzed to merit publication. Meanwhile the practical information gained, together with outstanding points in the literature now available, are brought together here.

Numerous psychological experiments prove that reactions to taste are not inherited. Primary sensations of taste and smell exist in rudimentary form at birth, but they become specialized and sensitized through the experiences of the child as he sees, tastes, smells, and hears about food. The development of food likes and dislikes is largely a matter of training, and the types of response an individual makes toward any food very soon becomes habitual.

Just what reaction or response a child will first give to a food is influenced in a very marked way by the association connected with his first experiences with this food. Pleasant or unpleasant conditions may become linked with the experience of taste. The emotional state of the child or of a mother who is over-zealous that the food be eaten, may

[1] "The Psychology of Child Nutrition," by C. Rowena Schmidt. Unpublished thesis, University of Missouri Library, Columbia, Missouri.

result in a "conditioned" prejudice; or some undesirable physical condition in the food itself due to poor preparation, such as lumps in cereal, scorched cocoa, or an unsightly plate of food, may turn an observing child against it. The dose of castor oil half disguised in orange juice has also prejudiced many a child against this valuable fruit.

It is sometimes not so easy to determine that association is the cause for a dislike because a child so soon becomes a little slave to imitation. He wants to be exactly like father, mother, or big sister Sue and will respond to food according to the example which has been set for him. Examples are made not so much by talking as by *doing*. The father who says, "Yes, Johnnie, your mother is right; spinach is good for you," and then serves himself with only meat, potatoes, and gravy, is not helping the mother solve the spinach problem. If he had put spinach on his own plate and Johnie's without comment, the effect would have been far more significant. It is usually better to minimize the food conversation, talk about other things, set a good example in eating, and let the rest be taken for granted.

A limited amount of food talk directed in the right channels is one method, however, of effecting what psychologists term positive suggestion. The good quality and pleasing flavor of food may be brought to the attention of children by such suggestions as, "This is so good" and "That is so nice" and something else is what mother likes best. But it is easy to overwork this method to such an extent that it becomes preaching and arouses an undesirable but natural consequence—contrary-mindedness. When a child shows a tendency towards negativism, he must be handled carefully by an understanding person. Preaching, administering the wrong kind of discipline, and having open conflict of authority between the adults in handling cases of this kind develop a race of human mules. It is better often to ignore the condition altogether until it wears off rather than to aggravate it so that it will hang on for life. Some children respond to an appeal to reason. Others must be disciplined in some way. All of them require study. "Each child is a law unto himself" is a well-applied truism in cases of contrary-mindedness, whether they occur at the table or elsewhere.

Popularized principles of psychology may thus be applied. Rules for the formation of good food habits as found in child health and motherhood manuals need to be coupled with these suggestions. If good food habits are to be established, the beginning must be made very early in life. By the time a child is weaned he must be accustomed to a number of fruit, vegetable, and cereal flavors in addition to that of his basic food,

milk. This is easily accomplished if the mother begins early, proceeds gradually, and is not discouraged when first "tastes" are spit out. New foods feel different to the baby's tongue so he automatically rejects them. Little by little he becomes adjusted to so many changes in texture, consistency, and temperature that new foods hold no terror for him.

The diet is kept simple and suitable by the use of very little sugar and fat, practically no seasoning, and only a small amount of meat. Bland foods will satisfy the child who gets plenty of fresh air, exercise, and sufficient rest and sleep, and who has never been given tastes of everything from mother's plate. A child becomes finicky because of poor training in mental and health habits, not because a number of foods do not agree with him. With very few individual exceptions, all suitable foods agree with children. A prejudice which had its beginning in a psychological upset may, however, result in a food idiosyncrasy with all of its usual physiological disturbances. Even so, the difficulty can usually be overcome under the advice of a physician.

With tact a child may be taught to like foods against which he has formed a prejudice. It is largely a question of breaking down an old habit and building up a better one, and it takes patience, perseverance, and confidence on the part of the adult. It is much better to help a child overcome a dislike than to effect submissive obedience. The first effort should be made by varying the method of preparation of the disliked food, or by offering it in some new combination of flavors. Sometimes a dislike is overcome if a small amount of the unwelcome food is served to be eaten along with some preferred food. Frequently a child's dislike is an unwarranted prejudice against a food which he has seldom tasted. Withholding the favorite food until the less desired one is eaten, and refraining from comment at the same time may be effective. The use of expressions of approval and commendation for a child's efforts to try to eat will be valuable if not overdone, and will always be more effective than scolding and punishment for failures.

In some cases a child who is allowed to get really hungry just once will be convinced for all time that the parents' judgment is final, and there will be no further fussing about the eating of wholesome foods. With other children it is necessary to repeat the process several times, or even for each disliked food. If the prejudice persists and the child refuses to try the disliked foods, he must be given nothing at all at that time or until the next meal. The parents must be firm enough to continue this "starving" process, watching closely that no sweets or any other foods are eaten between meals, until the child becomes hungry enough to try

one of the unwelcome dishes with his meal. This method of discipline is the best because it not only shows the parents' authority, but at the same time it increases the child's appetite and he forgets his "conditioned" prejudices.

Though all of this is true as far as it goes, after all too little is known about the conditions which attend the beginning of refusals to eat. It is hoped that the study now under way will afford a detailed record of first evidences of food refusals. Significant also will be the report of the methods children use to avoid eating foods they dislike, the methods mothers are following in an effort to overcome prejudices, and the success these methods have brought.

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THE LOSS OF MINERAL AND OTHER CONSTITUENTS FROM VEGETABLES BY VARIOUS METHODS OF COOKING[1]

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The importance of the mineral elements in the constructive processes and functional activities of the body is now well recognized. Calcium, phosphorus, and iron are the elements most likely to be deficient in an average diet. If the intake of these elements is calculated from existing tables of analyses, the result may be quite incorrect; not only does the percentage vary with the soil conditions under which the plant was grown but large losses may take place in the preparation of the food. Numerous tables are available which give the composition of raw food but none which furnish such information about the cooked article. There is great need of tables which give the composition of cooked foods.

From an economic standpoint it becomes important to adopt such methods of cooking as will best conserve the mineral elements. Home economists have long recognized that such losses occur and have attempted to minimize them by utilizing the water in which the food was boiled, by reducing the volume of water and time of boiling, by substituting steaming for boiling where practicable, and by making other modifications in the preparation of food.

Many papers (1–13) have been published showing the loss of total solids, protein, sugars and other carbohydrates, and ash. An excellent review of the literature on these losses and a study of the changes in the fuel value of vegetables as affected by various methods of cooking has been given by Denton (14).

While numerous papers have considered the loss of total ash but little attention has been given to individual elements. A careful search of the literature revealed only five papers (1, 3, 8, 15, 16) dealing with phosphorus and but two dealing with calcium and magnesium (17, 18). Iron has been more extensively studied (19–22) than the other elements but even here the data are incomplete. Moreover, most investigations have dealt with but two or three vegetables, one or two elements, and usually not more than one method of cooking.

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The experiments here reported were undertaken in the hope of supplying some of the lacking data.

Methods of cooking. From 20 to 30 pounds of each vegetable, depending upon the amount of waste material, were trimmed, washed thoroughly, spread out to dry for 1 to 2 hours, then cut into small pieces about the size for table use and thoroughly mixed before sampling. From 15 to 18 samples were weighed out as quickly as possible and placed in pie tins. Each sample weighed from 400 to 600 gms. depending upon the method of cooking to be followed. A set of three samples was dried in the steam oven at 98°C. Another set was boiled with just enough water to cover the surface, a third set boiled with twice this volume of water, a fourth was steamed, and a fifth cooked in a pressure cooker.

The vessels in which the vegetables were boiled were all of the same size and the gas was regulated to bring the water to the boiling temperature in the same length of time. In steaming the vegetable was suspended above the water in a cheese cloth bag and the vessel was covered with a cone-shaped lid which prevented the condensed steam from dripping on the vegetable. In pressure cooking the vegetable was placed in the compartments above the water level and the pressure maintained at 15 pounds during the cooking.

The time of cooking was generally 30 minutes for the boiled, 40 minutes for the steamed, and 15 minutes for the pressure cooked samples. The time of cooking varied slightly with some of the vegetables, depending upon how quickly the vegetables became tender, but in each group the time remained the same for all three samples. After cooking the water was drained off and the vegetable placed on the original pie tin. After cooling for 5 minutes the tin was weighed and the weight of cooked vegetable obtained by difference. The samples were then placed in a drying oven and dried to constant weight at 100°C., which usually required from 48 to 72 hours.

By cooking large samples in triplicate and standardizing the procedure experimental errors were reduced to a minimum. Even with special care throughout the various operations, differences of 1, 2 per cent, and sometimes 5 per cent in weight of dry matter occurred in check samples.

Methods of analysis. The triplicate samples were combined, ground in a mill to a fine texture, bottled, and kept until analyzed. Each time before samples were weighed out for analysis a little more than the required amount was dried in the oven at least 3 hours to drive off any absorbed moisture. Nitrogen was determined by the Gunning modification of the Kjeldahl method (23). For the determination of the min-

eral elements the dried vegetable was first burned in an electric furnace to a white ash and the analysis made on this ash. In the case of iron the ignition was made at a dull red temperature to avoid volatilization. The sample to be tested for phosphorus was first moistened with a strong solution of magnesium nitrate dissolved in 95 per cent ethyl alcohol and then ignited. After the alcohol had burned off the ashing was completed in the electric furnace.

McCrudden's (24) method for the determination of calcium and magnesium in the presence of iron was used for these two elements. The calcium oxalate was titrated with 0.1 N $KMnO_4$ and the magnesium was weighed as $Mg_2P_2O_7$. Phosphorus was precipitated and titrated according to the volumetric method of the A. O. A. C. (25). Iron was determined by the ammonium thiocyanate colorimetric method according to the Standard Methods for the Examination of Water and Sewage of the American Public Health Association (26). A large excess of NH_4CNS as recommended by Marriott and Wolf (27) and by Berman (28) was used.

Loss of dry matter and crude protein. Part of the detailed data obtained for one vegetable, rutabaga, is given in table 1 and shows the agreement obtained on check samples. The loss of dry matter ranged from practically nothing by pressure cooking to 45 per cent by boiling with a large volume of water. The loss in steaming was one-third, or less, of that incurred by boiling.

Attention is called to the increase in water content of a vegetable as a result of cooking, despite the fact that the cooked vegetable weighs less than the uncooked. The loss of solids tends to decrease while the gain

TABLE 1

Data showing loss of dry matter and average moisture content of rutabagas cooked by various methods

RUTABAGA	WEIGHT OF FRESH VEGETABLE	WEIGHT OF COOKED VEGETABLE	WEIGHT OF DRIED VEGETABLE	WEIGHT AFTER GRINDING AND REDRYING	DRY MATTER FROM 100 GRAM RAW VEGETABLE	LOSS OF DRY MATTER PER 100 GRAM RAW VEGETABLE		MOISTURE
	grams	*grams*	*grams*	*grams*	*grams*	*grams*	*per cent*	*per cent*
Uncooked	1,200		121.6	111.5	9.29			90.7
Boiled in 3000 cc. water	1,800	1,684.4	104.3	95.9	5.33	3.96	42.7	94.3
Boiled in 6000 cc. water	1,800	1,620.3	104.4	88.1	4.93	4.36	45.8	94.5
Steamed	1,500	1,307.2	133.3	120.9	8.06	1.23	13.2	90.8
Pressure cooked	1,200	1,135.3	119.4	109.8	9.14	0.15	1.6	92.4

in moisture tends to increase the weight of the raw vegetable. Whether the weight of cooked material would thus be less or greater than that of the raw product would depend upon which of these two factors overbalanced the other. The figures for the moisture content of the cooked vegetable given in the last column are calculated from the weight of dry matter, column 5, and the weight of cooked vegetable, column 3.

The losses of dry matter and crude protein by the cooking methods for the 16 vegetables used appear in table 2 (pages 191–3). The figures representing these two types of losses are about the same by a given method of cooking. This is to be expected since protein is a part of the dry matter and bears approximately the same percentage relation to it regardless of whether the soluble or insoluble portion is considered. Of course, the losses vary greatly for different vegetables, being in certain cases from 2 to 8 times as great with one vegetable as with another. The figures for pressure cooking and boiling show the greatest fluctuation and steaming the least. The average loss is about 15 per cent by steaming and pressure cooking, 30 per cent by boiling in a moderate quantity of water and 40 per cent when an excess of water is used. As would be expected the average losses for stalks and leaves are higher than those for roots, tubers, and bulbs, the difference being about 5 per cent.

Loss of calcium and magnesium. The data in table 3 illustrate the procedure for determining the loss of a mineral element, in this case calcium, by various methods of cooking. Three determinations are included in each average. The final calculations were made from the percentage of calcium in the dried vegetable and the weight of dry matter as shown in table 2.

TABLE 3

Average data obtained in determining the loss of a mineral element, (calcium) by various methods of cooking

RUTABAGA	WEIGHT OF DRY SAMPLE	0.1 N $KMnO_4$	CALCIUM IN DRIED VEGETABLE		DRY MATTER FROM 100 GRAMS RAW VEGETABLES	CALCIUM IN 100 GRAMS RAW VEGETABLES	LOSS OF CALCIUM PER 100 GRAM RAW VEGETABLE	
	grams	*cc.*	*grams*	*per cent*	*grams*	*grams*	*grams*	*per cent*
Uncooked	5	16.6	0.0332	0.665	9.29	0.0617		
Boiled (1)	5	20.7	0.0414	0.803	5.33	0.0428	0.0189	30.7
Boiled (2)	5	19.7	0.0394	0.788	4.93	0.0388	0.0229	37.1
Steamed	5	16.6	0.0332	0.663	8.06	0.0534	0.0083	13.4
Pressure cooked	5	15.4	0.0308	0.613	9.14	0.0560	0.0057	9.2

(1) Boiled, with water sufficient to cover vegetables.

(2) Boiled with twice as much water as in (1).

TABLE 2

Loss of dry matter in vegetables cooked by various methods

(calculated for 100 grams of raw vegetable)

VEGETABLE	METHOD OF COOKING	DRY MATTER	LOSS OF DRY MATTER	PROTEIN N X 6.25	LOSS OF PROTEIN	MOISTURE
		grams	*per cent*	*grams*	*per cent*	*per cent*
STALKS AND LEAVES:						
Asparagus	Uncooked	6.80		1.05		93.2
	Boiled	5.85	14.0	0.84	20.0	93.6
	Steamed	6.26	7.9	0.91	13.3	92.6
Beans, string	Uncooked	9.13		2.15		90.8
	Boiled (1)	7.43	19.1	1.68	21.9	92.0
	Boiled (2)	6.88	24.6	1.52	29.1	92.5
	Steamed	7.83	14.2	1.79	16.6	91.9
	Pressure cooked	8.63	5.5	1.92	10.4	91.2
Beetgreens	Uncooked	12.13		2.29		87.9
	Boiled (1)	8.30	31.4	1.81	20.9	92.3
	Boiled (2)	8.45	29.7	1.79	22.2	92.1
	Steamed	10.13	15.7	2.13	6.9	89.2
	Pressure cooked	10.76	13.0	2.26	1.4	89.1
Cabbage	Uncooked	6.88		0.91		93.1
	Boiled (1)	3.53	48.6	0.46	49.3	96.3
	Boiled (2)	2.70	60.7	0.35	61.5	97.2
	Steamed	5.07	26.4	0.63	31.5	94.1
	Pressure cooked	5.38	21.8	0.71	22.2	94.1
Cauliflower	Uncooked	12.42		4.02		87.6
	Boiled (1)	9.70	21.8	3.10	20.3	91.9
	Boiled (2)	7.74	37.6	2.13	44.4	93.7
	Steamed	12.15	2.1	3.72	7.6	89.8
	Pressure cooked	12.40	0.2	3.93	2.0	89.3
Celery	Uncooked	5.60		1.33		94.4
	Boiled (1)	4.19	25.1	0.96	27.8	95.6
	Boiled (2)	3.06	45.4	0.63	52.6	96.4
	Steamed	4.35	22.3	1.03	22.3	94.8
	Pressure cooked	3.08	45.0	0.66	50.1	96.4
Celery cabbage	Uncooked	4.85		1.15		95.1
	Boiled (1)	1.90	60.8	0.40	65.2	97.3
	Boiled (2)	1.78	63.2	0.38	67.1	97.8
	Steamed	2.99	38.3	0.76	33.5	93.9
	Pressure cooked	3.10	36.2	0.78	32.5	94.7

TABLE 2—*Continued*

VEGETABLE	METHOD OF COOKING	DRY MATTER	LOSS OF DRY MATTER	PROTEIN N X 6.25	LOSS OF PROTEIN	MOISTURE
		grams	*per cent*	*grams*	*per cent*	*per cent*
STALKS AND LEAVES—*Continued:*						
Spinach	Uncooked	7.10		2.31		92.9
	Boiled (1)	5.73	17.9	1.84	20.3	92.4
	Boiled (2)	4.58	33.9	1.64	29.0	94.7
	Steamed	6.50	8.4	2.18	5.6	90.8
	Pressure cooked	4.40	23.9	1.82	21.2	92.5
ROOTS, TUBERS, AND BULBS:						
Beets	Uncooked	15.33		2.23		84.7
	Boiled (1)	11.16	27.2	2.02	9.1	87.1
	Boiled (2)	10.61	30.9	1.74	22.0	87.7
	Steamed	12.03	21.5	2.11	5.4	86.9
	Pressure Cooked	11.35	25.9	2.06	7.6	86.7
Carrots (unscraped)	Uncooked	9.51		1.54		88.9
	Boiled	7.50	20.1	1.13	26.4	90.5
	Steamed	9.03	5.1	1.31	14.5	88.7
	Pressure cooked	8.69	8.6	1.30	15.1	
Kolhrabi (unscraped)	Uncooked	14.61		2.11		85.4
	Boiled (1)	10.63	27.2	1.72	18.5	89.0
	Boiled (2)	9.69	33.6	1.62	23.2	89.9
	Steamed	13.50	7.6	2.09	1.0	86.7
	Pressure cooked	10.85	25.6	1.75	17.1	89.0
Onions	Uncooked	8.88		1.79		91.0
	Boiled (1)	6.99	21.3	0.89	50.2	93.0
	Parboiled	5.99	32.6	0.80	55.1	94.0
	Steamed	7.90	11.0	1.24	30.7	92.1
	Pressure cooked	8.04	9.4	0.90	49.6	91.9
Parsnips (unscraped)	Uncooked	24.40		1.05		75.6
	Boiled	19.20	21.9	0.91	13.3	84.4
	Steamed	23.30	4.6	0.84	20.0	76.3
Potatoes (pared)	Uncooked	24.20				75.8
	Boiled	22.00	9.4			78.0
	Steamed	23.30	4.0			76.7
Sweet potatoes	Uncooked	26.70		2.00		73.3
	Boiled (1)	19.40	27.3	0.71	64.5	
	Boiled (2)	18.84	29.0	0.57	71.5	
	Steamed	21.06	21.1	1.70	15.0	
	Pressure cooked	25.76	3.1	1.86	12.0	

TABLE 2—*Concluded*

VEGETABLE	METHOD OF COOKING	DRY MATTER	LOSS OF DRY MATTER	PROTEIN N X 6.25	LOSS OF PROTEIN	MOISTURE
		grams	*per cent*	*grams*	*per cent*	*per cent*
ROOTS, TUBERS, AND BULBS—*Continued:*						
Rutabagas (unscraped)	Uncooked	9.29		1.21		90.7
	Boiled (1)	5.33	42.7	0.71	41.5	94.6
	Boiled (2)	4.93	45.8	0.62	48.6	94.5
	Steamed	8.06	13.2	1.02	15.7	92.0
	Pressure cooked	9.14	1.6	1.13	6.6	92.4
Average for all vegetables	Boiled (1)		27.1		31.3	
	Boiled (2)		39.4		43.0	
	Steamed		14.0		16.0	
	Pressure cooked		16.1		19.1	

(1) Boiled with just enough water to cover the vegetable.
(2) Boiled with twice as much water as in (1).

In table 4 are given the data for the calcium and magnesium content of all the vegetables and the losses incurred by the different methods of cooking. Beet greens contained the highest percentage of these elements with spinach a close second. Asparagus and onions contain comparatively small quantities of calcium and magnesium. Cabbage, which is about midway between spinach and asparagus in the content of calcium and magnesium, suffers the greatest loss on cooking irrespective of the method employed, from one-third to two-thirds of the calcium and magnesium being lost. It is apparent that these elements exist in an extremely soluble form, perhaps as inorganic salts.

From table 5 it is seen that the percentage of phosphorus extracted by cooking is about the same as that for calcium and magnesium. A previous publication (29) showed that 24 per cent of the total sulphur of cabbage exists in the form of soluble sulphates. The soluble sulphates and phosphates would be more than sufficient to account for the soluble calcium and magnesium.

The insolubility of the calcium in spinach is in marked contrast to its form in cabbage. Although there is an abundance of calcium in the plant, none was lost by the three methods of cooking; and the loss in the remaining method, was only 5 per cent, a proportion probably within the limits of experimental error. These figures were so unexpected that all

TABLE 4

Effect of cooking on calcium and magnesium content of vegetables

(Calculated for 100 grams of raw vegetable)

VEGETABLE	METHOD OF COOKING	CALCIUM IN VEGETABLE	LOSS OF CALCIUM IN COOKING	MAGNESIUM IN VEGETABLE	LOSS OF MAGNESIUM IN COOKING
		gram	*per cent*	*gram*	*per cent*
STALKS AND LEAVES:					
Asparagus	Uncooked	0.0163		0.0136	
	Boiled	0.0136	16.5	0.0124	8.8
	Steamed	0.0138	15.3	0.0134	1.4
Beans, string	Uncooked	0.0504			
	Boiled (1)	0.0392	22.3	0.0197	24.7
	Boiled (2)	0.0357	29.3	0.0179	31.4
	Steamed	0.0422	16.3	0.0205	21.4
	Pressure cooked	0.0469	6.9	0.0238	8.8
Beetgreens	Uncooked	0.0944		0.1331	
	Boiled (1)	0.0863	8.6	0.0904	31.9
	Boiled (2)	0.0794	15.9	0.0773	41.6
	Steamed	0.0908	3.8	0.1142	14.1
	Pressure cooked	0.0813	13.9	0.1038	21.9
Cabbage	Uncooked	0.0338		0.0100	
	Boiled (1)	0.0129	61.6	0.0037	63.6
	Boiled (2)	0.0094	72.3	0.0024	76.1
	Steamed	0.0202	40.2	0.0057	43.4
	Pressure cooked	0.0241	28.7	0.0071	29.7
Cauliflower	Uncooked	0.0159		0.0360	
	Boiled (1)	0.0143	10.1	0.0291	19.2
	Boiled (2)	0.0120	24.6	0.0270	25.0
	Steamed	0.0154	3.1	0.0354	1.7
	Pressure cooked	0.0157	0.6	0.0359	0.3
Celery	Uncooked	0.0634		0.0231	
	Boiled (1)	0.0501	20.9	0.0151	34.6
	Boiled (2)	0.0405	36.1	0.0100	57.1
	Steamed	0.0561	11.6	0.0156	32.4
	Pressure cooked	0.0418	34.1	0.0103	51.1
Celery cabbage	Uncooked	0.0446		0.0107	
	Boiled (1)	0.0253	43.2	0.0051	51.9
	Boiled (2)	0.0224	49.7	0.0041	61.6
	Steamed	0.0373	16.3	0.0072	32.6
	Pressure cooked	0.0394	11.6	0.0093	12.8
Spinach	Uncooked	0.0763		0.1344	
	Boiled (1)	0.0785	0.0	0.1085	19.3
	Boiled (2)	0.0722	5.5	0.0550	59.1
	Steamed	0.0783	0.0	0.1105	17.8
	Pressure cooked	0.0763	0.0	0.0907	32.5

TABLE 4—*Continued*

VEGETABLE	METHOD OF COOKING	CALCIUM IN VEGETABLE	LOSS OF CALCIUM IN COOKING	MAGNESIUM IN VEGETABLE	LOSS OF MAGNESIUM IN COOKING
		gram	*per cent*	*gram*	*per cent*
ROOTS, TUBERS, AND BULBS:					
Beets	Uncooked	0.0227		0.0450	
	Boiled (1)	0.0219	3.7	0.0311	30.9
	Boiled (2)	0.0185	18.7	0.0219	21.3
	Steamed	0.0223	1.5	0.0318	29.4
	Pressure cooked	0.0218	4.1	0.0314	30.3
Carrots (unscraped)	Uncooked	0.0350		0.0197	
	Boiled (1)	0.0319	8.9	0.0152	22.8
	Steamed	0.0332	5.1	0.0186	5.6
	Pressure cooked	0.0339	3.1	0.0179	9.1
Kohlrabi (unscraped)	Uncooked	0.0818		0.0517	
	Boiled (1)	0.0670	18.1	0.0342	33.8
	Boiled (2)	0.0591	27.8	0.0308	40.4
	Steamed	0.0810	1.0	0.0443	14.3
	Pressure cooked	0.0673	17.7	0.0342	33.9
Onions	Uncooked	0.0269		0.0140	
	Boiled	0.0227	15.6	0.0101	27.8
	Parboiled	0.0195	27.5	0.0092	34.3
	Steamed	0.0250	7.1	0.0118	15.7
	Pressure cooked	0.0245	8.9	0.0127	9.3
Parsnips (unscraped)	Uncooked	0.0615		0.0473	
	Boiled (1)	0.0545	11.4	0.0253	46.8
	Steamed	0.0589	4.2	0.0387	18.2
Potatoes (pared)	Uncooked	0.0167		0.0450	
	Boiled	0.0139	16.8	0.365	18.8
	Steamed	0.0151	9.6	0.0387	14.0
Sweet potatoes	Uncooked	0.0167		0.0282	
	Boiled (1)	0.0107	35.9	0.0170	39.7
	Boiled (2)	0.0103	38.3	0.0154	45.3
	Steamed	0.0130	22.1	0.0193	31.5
	Pressure cooked	0.0139	16.7	0.0214	24.1
Rutabaga (unscraped)	Uncooked	0.0617		0.0149	
	Boiled (1)	0.0428	30.7	0.0098	34.2
	Boiled (2)	0.0388	37.1	0.0089	42.7
	Steamed	0.0534	13.4	0.0144	3.4
	Pressure cooked	0.0560	9.2	0.0133	10.7
Average for all vegetables	Boiled (1)		20.3		31.8
	Boiled (2)		31.9		44.7
	Steamed		10.7		18.6
	Pressure cooked		12.0		21.1

(1) Boiled with sufficient water to cover vegetable.
(2) Boiled with twice as much water as in (1).

TABLE 5

Effect of cooking on phosphorus and iron content of vegetables

(Calculated for 100 grams of raw vegetable)

VEGETABLE	METHOD OF COOKING	PHOSPHORUS IN VEGETABLE	LOSS OF PHOSPHORUS IN COOKING	IRON IN VEGETABLE	LOSS OF IRON IN COOKING
		gram	*per cent*	*mgm.*	*per cent*
STALKS AND LEAVES:					
Asparagus	Uncooked	0.0489		0.55	
	Boiled	0.0363	25.8	0.36	34.4
	Steamed	0.0438	10.4	0.44	20.0
Beans, string	Uncooked	0.0429		1.18	
	Boiled (1)	0.0337	21.4	—	—
	Boiled (2)	0.0310	27.6	0.73	38.1
	Steamed	0.0348	18.8	0.89	24.5
	Pressure cooked	0.0402	6.2	1.07	9.3
Beet greens	Uncooked	0.0439		3.22	
	Boiled (1)	0.0287	35.0	1.77	45.0
	Boiled (2)	0.0242	44.9	1.83	43.1
	Steamed	0.0377	14.0	2.43	24.5
	Pressure cooked	0.0401	8.5	2.95	8.4
Cabbage	Uncooked	0.0309		0.78	
	Boiled (1)	0.0170	45.1	0.34	56.4
	Boiled (2)	0.0124	59.9	0.26	66.6
	Steamed	0.0241	22.0	0.51	34.6
	Pressure cooked	0.0249	19.3	0.60	23.1
Cauliflower	Uncooked	0.1147		0.64	
	Boiled (1)	0.0795	30.7	0.44	30.3
	Boiled (2)	0.0576	49.8	0.41	36.2
	Steamed	0.0927	19.2	0.57	8.3
	Pressure cooked	0.1051	8.4	0.59	6.1
Celery	Uncooked	0.0427		—	—
	Boiled (1)	0.0343	19.7	—	—
	Boiled (2)	0.0219	48.7	—	—
	Steamed	0.0360	15.7	—	—
	Pressure cooked	0.0220	48.5	—	—
Celery cabbage	Uncooked	0.0405		0.68	
	Boiled (1)	0.0184	54.4	0.23	67.6
	Boiled (2)	0.0137	66.1	—	—
	Steamed	0.0283	30.2	0.38	44.1
	Pressure cooked	0.0309	23.8	0.42	38.2
Spinach	Uncooked	0.0311	—	2.45	—
	Boiled (1)	0.0242	22.1	1.35	45.0
	Boiled (2)	0.0160	48.8	1.05	57.1
	Steamed	0.0280	10.2	1.82	25.7
	Pressure cooked	0.0216	30.5	1.64	32.7

TABLE 5—*Continued*

VEGETABLE	METHOD OF COOKING	PHOSPHORUS IN VEGETABLE	LOSS OF PHOSPHORUS IN COOKING	IRON IN VEGETABLE	LOSS OF IRON IN COOKING
		gram	*per cent*	*mgm.*	*per cent*
ROOTS, TUBERS, AND BULBS:					
Beets	Uncooked	0.0691	—	—	—
	Boiled (1)	0.0521	24.6	—	—
	Boiled (2)	0.0459	33.6	—	—
	Steamed	0.0552	20.1	—	—
	Pressure cooked	0.0542	21.6	—	—
Carrots (unscraped)	Uncooked	0.0369	—	0.82	—
	Boiled	0.0299	19.0	0.54	34.1
	Steamed	0.0365	1.1	0.65	20.7
	Pressure cooked	0.0283	16.6	—	—
Kohlrabi (unscraped)	Uncooked	0.0673	—	0.89	—
	Boiled (1)	0.0539	19.7	0.51	42.7
	Boiled (2)	0.0486	27.7	0.43	51.7
	Steamed	0.0621	7.7	0.70	21.3
	Pressure cooked	0.0584	13.2	0.63	29.2
Onions	Uncooked	0.0666	—	0.54	—
	Boiled (1)	0.0398	40.2	0.34	36.1
	Parboiled	0.0345	48.2	0.23	57.5
	Steamed	0.0450	31.5	0.45	15.9
	Pressure cooked	0.0426	36.0	0.44	16.6
Parsnips (unscraped)	Uncooked	0.2041	—	1.12	—
	Boiled (1)	0.1555	23.7	0.81	27.6
	Steamed	0.1938	5.7	1.03	8.1
Potatoes (pared)	Uncooked	0.0798	—	—	—
	Boiled (1)	0.0642	18.3	—	—
	Steamed	0.0705	11.7	—	—
Sweet potatoes	Uncooked	0.0448		1.71	
	Boiled (1)	0.0297	33.7	1.14	33.3
	Boiled (2)	0.0249	44.4	1.07	31.5
	Steamed	0.0339	24.3	1.28	25.1
	Pressure	0.0409	8.7	1.60	6.4
Rutabaga (unscraped)	Uncooked	0.0456		0.28	
	Boiled (1)	0.0252	44.8	0.15	46.5
	Boiled (2)	0.0195	57.2	0.14	50.0
	Steamed	0.0343	24.6	0.24	14.3
	Pressure cooked	0.0402	11.6	0.27	3.5
Average for all vegetables	Boiled (1)		29.9		40.1
	Boiled (2)		46.4		48.0
	Steamed		16.7		21.3
	Pressure cooked		19.4		17.4

(1) Boiled with water sufficient to cover vegetable.
(2) Boiled with twice as much water as in (1).

the analyses were repeated, but the results were the same as in the first instance. A review of the literature disclosed a similar finding by Courtney, Fales, and Bartlett (18). Calcium evidently exists in spinach as some insoluble compound, perhaps as a silicate or pectate. The magnesium of spinach, unlike the calcium, is readily soluble and large percentages are lost in cooking.

The average loss of calcium for all the vegetables is 10 per cent when these are steamed or pressure cooked and 20 to 30 per cent when they are boiled. For magnesium the corresponding losses are approximately 20 and 30 to 45 per cent.

Loss of phosphorus and iron. The phosphorus and iron content of the raw and cooked vegetables and the losses resulting from various methods of cooking are shown in table 5. Because of the small quantities of iron the values are given in milligrams instead of grams.

Parsnips are conspicuously high in phosphorus with cauliflower and potatoes next in order. The leafy vegetables and certain of the roots and bulbs such as rutabagas and onions show particularly heavy losses of phosphorus in cooking. As in the case of the other mineral elements, steaming conserves the greatest quantity of the phosphorus while boiling in a large volume of water is the most wasteful.

The figures for iron are unfortunately not as complete as for the other elements, owing to an insufficient sample in one case and a loss of the material in two other cases. Iron is lost in cooking to a greater extent than any of the four elements investigated. The average losses for both phosphorus and iron are about 20 per cent by steaming and pressure cooking, 30 and 40 per cent respectively by boiling in a moderate quantity of water, and 45 and 50 per cent by boiling in twice that volume of water. Beet greens, cabbage, and spinach are conspicuous as being heavy losers of iron through the cooking operations.

The percentage composition of cooked vegetables. In order to make the data of the preceding tables most useful to dietitians and other students of nutrition the percentage composition of both the cooked and the uncooked vegetables are given in table 6. In most cases the cooked vegetable contains a much lower percentage of mineral elements than the uncooked. In a few cases, however, there is a slightly higher percentage of mineral elements in the cooked vegetable, due, of course, to a proportionately larger loss of dry matter than of mineral element. In cases of marked loss of mineral elements, for example in cabbage, the percentage found in the cooked vegetable is less than one-third that in the raw product. Among mineral elements, the greatest loss is in iron and the least in calcium.

TABLE 6

Moisture, mineral, and protein content of uncooked and cooked vegetables

VEGETABLE	METHOD OF COOKING	MOISTURE CONTENT	CALCIUM	MAGNESIUM	PHOSPHORUS	IRON	PROTEIN N × 6.25
		per cent	*per cent*	*per cent*	*per cent*	*per cent*	*per cent*
STALKS AND LEAVES:							
Asparagus	Uncooked	93.2	0.0163	0.0136	0.0489	0.00055	1.052
	Boiled	93.6	0.0151	0.0135	0.0396	0.00039	0.921
	Steamed	92.6	0.0163	0.0158	0.0519	0.00052	1.079
String beans	Uncooked	90.8	0.0504	0.0262	0.0429	0.00118	2.148
	Boiled (1)	92.0	0.0421	0.0211	0.0361	—	1.757
	Boiled (2)	92.5	0.0386	0.0193	0.0335	0.00078	1.537
	Steamed	91.9	0.0432	0.0210	0.0356	0.00091	2.192
	Pressure cooked	91.2	0.0476	0.0242	0.0408	0.00108	2.083
Beet greens	Uncooked	87.9	0.0944	0.1131	0.0439	0.00322	2.292
	Boiled (1)	92.3	0.0802	0.0840	0.0267	0.00164	1.683
	Boiled (2)	92.1	0.0738	0.0718	0.0225	0.00170	1.658
	Steamed	89.2	0.0964	0.1212	0.0400	0.00258	2.263
	Pressure cooked	89.1	0.0830	0.1059	0.0409	0.00301	2.305
Cabbage	Uncooked	93.1	0.0338	0.0100	0.0309	0.00078	0.914
	Boiled (1)	96.3	0.0135	0.0038	0.0178	0.00036	0.485
	Boiled (2)	97.2	0.0095	0.0024	0.0125	0.00026	0.350
	Steamed	94.1	0.0247	0.0069	0.0297	0.00062	0.769
	Pressure cooked	94.1	0.0261	0.0077	0.0269	0.00065	0.770
Cauliflower	Uncooked	87.6	0.0159	0.0360	0.1147	0.00064	4.022
	Boiled (1)	91.9	0.0120	0.0244	0.0668	0.00037	2.606
	Boiled (2)	93.7	0.0113	0.0255	0.0545	0.00038	2.015
	Steamed	89.8	0.0129	0.0298	0.0779	0.00047	3.132
	Pressure cooked	89.3	0.0134	0.0308	0.0900	0.00050	3.368
Celery	Uncooked	94.4	0.0634	0.0231	0.0427	—	1.330
	Boiled (1)	95.6	0.0519	0.0156	0.0356	—	0.996
	Boiled (2)	96.4	0.0439	0.0107	0.0237	—	0.684
	Steamed	94.8	0.0661	0.0184	0.0424	—	1.218
	Pressure cooked	96.4	0.0478	0.0118	0.0252	—	0.760
Spinach	Uncooked	92.9	0.0734	0.1344	0.0311	0.00245	2.310
	Boiled (1)	92.4	0.0922	0.1275	0.0261	0.00158	2.162
	Boiled (2)	94.7	0.0796	0.0647	0.0186	0.00122	1.909
	Steamed	90.8	0.1051	0.1563	0.0396	0.00257	3.083
	Pressure cooked	92.5	0.1037	0.1265	0.0301	0.00228	2.538

TABLE 6—*Continued*

VEGETABLE	METHOD OF COOKING	MOISTURE CONTENT	CALCIUM	MAGNESIUM	PHOSPHORUS	IRON	PROTEIN N × 6.25
		per cent	*per cent*	*per cent*	*per cent*	*per cent*	*per cent*
ROOTS, TUBERS, AND BULBS:							
Beets	Uncooked	84.7	0.0227	0.0450	0.0691	—	2.213
	Boiled (1)	87.1	0.0249	0.0353	0.0592	—	2.297
	Boiled (2)	87.7	0.0214	0.0266	0.0532	—	2.018
	Steamed	86.9	0.0260	0.0372	0.0647	—	2.464
	Pressure cooked	86.7	0.0239	0.0344	0.0593	—	2.259
Kohlrabi (unscraped)	Uncooked	85.4	0.0818	0.0517	0.0673	0.00089	2.110
	Boiled (1)	89.0	0.0693	0.0354	0.0558	0.00052	1.780
	Boiled (2)	89.9	0.0615	0.0320	0.0506	0.00045	1.687
	Steamed	86.7	0.0799	0.0437	0.0616	0.00069	2.063
	Pressure cooked	89.0	0.0684	0.0348	0.0594	0.00064	1.780
Onions	Uncooked	91.0	0.0269	0.0140	0.0666	0.00054	1.786
	Boiled (1)	93.0	0.0274	0.0122	0.0482	0.00041	1.079
	Boiled (2)	94.0	0.0217	0.0102	0.0384	0.00025	0.895
	Steamed	92.1	0.0305	0.0144	0.0550	0.00055	1.514
	Pressure cooked	91.9	0.0307	0.0159	0.0534	0.00055	1.130
Parsnips (unscraped)	Uncooked	75.6	0.0615	0.0473	0.2041	0.00112	1.052
	Boiled	84.4	0.0444	0.0206	0.1267	0.00068	0.742
	Steamed	76.3	0.0598	0.0393	0.1969	0.00104	0.856
Rutabagas (unscraped)	Uncooked	90.7	0.0617	0.0149	0.0456	—	1.211
	Boiled (1)	94.6	0.0457	0.0104	0.0269	—	0.756
	Boiled (2)	94.5	0.0431	0.0099	0.0217	—	0.691
	Steamed	92.0	0.0613	0.0165	0.0394	—	1.171
	Pressure cooked	92.4	0.0592	0.0140	0.0426	—	1.194

(1) Boiled with water sufficient to cover vegetable.
(2) Boiled with twice as much water as in (1).

The conclusions to be drawn from these figures are obvious and confirm those from earlier studies. Vegetables should be cooked by steam wherever this method is practicable. When boiling must be employed the minimum quantity of water should be used and wherever possible the residue should be utilized in the preparation of other foods, such as soups and gravies.

Summary. Sixteen vegetables have been studied to determine the loss to dry matter, crude protein, calcium, magnesium, phosphorus, and iron by four methods of cooking, namely, steaming, pressure cooking, boiling

in a moderate quantity of water, and boiling in double this volume of water. The losses increase in general for the different methods in the order named; the least occurring when the vegetable is steamed and the greatest when it is boiled in an excess of water.

The figures vary considerably ranging from nothing for calcium in steamed spinach to 76 per cent for magnesium in boiled cabbage. The approximate average losses for dry matter and crude protein are: 15 per cent by steaming and pressure cooking; 30 per cent by boiling in a moderate quantity of water, and 40 per cent when double this quantity is used. For calcium, the losses are somewhat less, being 10 per cent for steaming and pressure cooking and 20 and 30 per cent respectively for the two methods of boiling. The greater solubility of the magnesium salts is shown by a loss of 20 per cent for the first two methods of cooking and 30 and 45 per cent respectively for the last two procedures. The average losses for phosphorus and iron are the same as for magnesium, excepting by the two methods of boiling where the figures are from 5 to 10 per cent higher.

Certain vegetables show notably large losses. Cabbage is conspicuous in this respect, while the closely related cauliflower retains its food constituents to a much greater degree. Celery, beet greens, and onions are other vegetables which suffer great loss, particularly of the mineral elements. Spinach shows a complete and unlooked for retention of calcium when subjected to the operations of cooking. Apparently the calcium in spinach is in an insoluble form, quite different from that found in most vegetables.

Although a heavy loss of solids results from cooking, the moisture content is invariably higher in the cooked material. The cooked vegetable generally weighs less than the uncooked, but in some cases there is a gain in weight.

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EDITORIAL

Home Economics Research and the Purnell Bill. It is good news for home economics that this bill to "authorize more complete endowment of agricultural experiment stations" was passed by the last Congress and that an emergency bill provided funds for use during the next fiscal year. A grant of $20,000 is made to each state for the year 1925–6, this amount to be increased by $10,000 a year until the total annual appropriation reaches $60,000. These sums are distinct from those provided by the Hatch and Adams acts. They are to be administered through the Office of Experiment Stations of the U. S. Department of Agriculture.

As a first step, that office notified all states of the passage of the act and asked their formal assent to its provisions. The executive committee of the Association of Land Grant Colleges called a meeting of station directors and college presidents, late in April at St. Louis, to consider general plans and policies for the research to be conducted with the funds thus made available.

Home economics is not specifically mentioned in the bill, but its inclusion is clearly implied in the following paragraph:

> The funds appropriated pursuant to this Act shall be applied only to paying the necessary expenses of conducting investigations or making experiments bearing directly on the production, manufacture, preparation, use, distribution, and marketing of agricultural products and including such scientific researches as have for their purpose the establishment and maintenance of a permanent and efficient agricultural industry and home life and such economic, (biological), and sociological investigations as have for their purpose the development and improvement of the home and rural life, and for printing and disseminating the results of said researches.

Moreover, a brief in favor of the bill prepared by a special committee from the Association of Land Grant Colleges includes the phrase "the wide and varied fields of home economics", and home economics was frequently mentioned during the hearings as one of the subjects to be furthered by the measure. The Office of Experiment Stations considers home economics as an appropriate subject for research under the act, and station directors also have recognized its claim. The act does not

make mandatory research into any specified field, nor suggest any proportionate distribution of funds among different subjects. As far as the phraseology and present interpretation of the act are concerned, home economics has as plain an entry as agronomy, marketing, or any other science contributing to the progress of agriculture and rural life.

In many of the benefiting institutions the home economics department is attached to the same administrative division as the experiment station, and in such cases the machinery already exists for including home economics in the research carried on at the experiment station. In others, where home economics technically belongs to another part of the system, coöperation can be arranged as it has been in other subjects; as for example, when entomology is attached to the school of arts and sciences, but arranges coöperative research with the experiment station in the school of agriculture.

There is no lack of important lines of research in home economics. From among them home economics departments should be able to outline projects whose significance and value make it difficult to turn them down. Nothing will help the cause more than for the heads of departments to prepare working outlines of such projects, accompanied by definite statements of the points to be investigated together with approximate time, personnel, and apparatus required, and to have these ready for submission when the time comes. It is also well to remember that in addition to promoting investigations specified as home economics research we strengthen both our subject matter and our prestige by getting workers in related sciences to give their researches a slant toward home economics.

Golden Jubilees. The recent celebration at the Kansas State Agricultural College (see page 285) reminds us that home economics is rounding out its first half-century. Though needlework, cookery, and housecraft have been taught in Europe as long as there have been schools for girls, home economics as we understand it is a distinctly American product. Only here has there been a general tendency to combine underlying science with skill, to teach why as well as how; and in this country, far more than elsewhere, the subject has been recognized as having contributions to make to the college and university program. Miss Bevier[1] who has brought together the record of the early beginnings in the schools and colleges, shows that land-grant colleges in Iowa, Kansas, and Illinois

[1] Home Economics in Education. By Isabel Bevier. Philadelphia: J. B. Lippincott Co. 1924.

were the pioneers among the latter, but the descriptions of the work offered fifty years ago suggest courses very different from those we know. Many causes have been at work to change the fundamental idea from skill in housewifery to the application of science to the improvement of living conditions, among them the phenomenal spread of higher education for women and the necessity felt in the land-grant institutions to provide something for women comparable with the agricultural and engineering courses for men. Equally significant has been the influence of the group of broad-visioned, highly trained men and women who, under the leadership of Mrs. Richards, met in the ten annual Lake Placid Conferences and discussed the need of adapting the whole scheme of education to changing industrial and social conditions, and of bringing all the resources of the natural and social sciences and of art to bear on the problem of individual and family living. Another important influence was the attitude of the nutrition investigations of the U. S. Department of Agriculture toward the popularizing of science; by providing simple, authoritative bulletins on human nutrition, they gave that branch of home economics the scientific basis on which the later work has been built; by showing the national economic importance of proper diet, they strengthened the cause of research in human nutrition in the experiment stations and universities and thus paved the way for later research in other fields.

We are far from the goal set by the pioneers, but they might not think the fifty years entirely wasted if they could realize the advance in extent and quality of the work offered, and the rapidity with which the idea of applying knowledge to the improvement of living conditions is permeating the teaching of all the arts and sciences.

Home Economics and Near East Relief. A recent letter from Mr. H. C. Jaquith, managing director of the American Near East Relief in Athens, to the president of the American Home Economics Association is of interest to all association members, especially in connection with the account of Miss Murphy's visit to Greece in the April JOURNAL and the outline of courses on page 286 of this issue. He says:

Miss Eda Lord Murphy, professor of home economics at Constantinople College for Women, has spent three weeks with us here in Greece advising and outlining a course in home economics for our older orphan girls. In addition she has met several of the important women here in Athens and aroused a tremendous amount of enthusiasm for home economics. The manual which Miss Murphy has prepared for us will be revised and supplemented during the

next two months by actual practice in the orphanage and by comparison with local conditions here in Greece—which we hope will not only serve our own orphanage, but meet with general use here in Greece. We are greatly indebted to the Home Economics Association, of which we understand she is an official representative, for the valuable services which she has generously rendered to our organization and to the question of home economics in general here in this country. We will ask you to convey to the members of your organization our appreciation for Miss Murphy's services and help.

Better Homes in America. In connection with the celebration of Better Homes Week, May 11 to 17, home economists will be interested to know that Better Homes in America is greatly interested in school practice houses and home economics cottages with laboratories. These seem to provide such an effective means of instruction in home economics and the other problems of home life, that the organization is making a special study of them. With the assistance of educational and home economics authorities it has drawn up a questionnaire as to the cost, size, type, and equipment of such houses, their place in the school system, the cost of operating, the character of instruction given, and the extent of coöperation with other local organizations, such as home demonstration work and better homes campaigns. They have been sent to supervisors and teachers in charge and the returns should yield valuable information as to the types of building, administration, instruction, and the influence of the houses on the girls and the community at large.

The Call to San Francisco. A picture like that of the Royal Gorge on the Denver, Rio Grande, and Western Railroad (see frontispiece) is enough to stir one's wanderlust at any time. When we remember that this is only one of the many beautiful and interesting things on the route of the Home Economics Special, when on page 289 we read the possible choices for the return trip and what a variety of good times our California hostesses are providing for us in addition to the feast of reason of which the advance menu appeared in April—in the face of all this can those of us east of the Rockies resist the impulse to make our reservations now? As for those on the Pacific Coast, the mixed pleasure and responsibility of being at home and doing the honors must have led them already to write "18th annual meeting A. H. E. A." against July 31 to August 6 on their calendars.

OPEN FORUM

A Golden Jubilee in Kansas Home Economics. In April Kansas State Agricultural College celebrated its half-century mark in home economics. The division at the Kansas State Agricultural college had its beginning in 1873 when a class of a dozen girls were taught sewing by Mrs. H. C. Cheseldine. Classes in household economy, which included household chemistry, were added in 1874. A cooking laboratory was established in 1875, and the work has continued uninterruptedly ever since.

That home economics training was begun so early in Kansas was due to the vision of John A. Anderson, president of the college from 1873 to 1878, and to his willingness to begin what he believed to be the right education for his state. Many changes and additions have been made in the home economics course since those early days, but care has always been taken to keep the work on scientific and practical lines that will apply to everyday life. The growth of the entire college has been rapid during the presidency of William M. Jardine, from 1918 until his recent appointment as Secretary of Agriculture.

In 1918, the course was reorganized and four departments created within the division under the direction of Dr. Helen B. Thompson, a graduate with the class of 1903, and the first alumna of the college to receive a doctor's degree from Yale. When she went to the Southern Branch of the University of California as head of home economics in 1923, Dr. Margaret M. Justin succeeded her. Dr. Justin was graduated from K. S. A. C. in 1909 and received the degree of doctor of philosophy from Yale University in 1923.

The jubilee celebration at the college was planned to commemorate not only the beginning of home economics but the contributions made by alumnæ who have carried their home economics training into various fields of service. There are now representatives of the Kansas school in every state in the union except Kentucky and Rhode Island, and graduates have come in contact with these two states, for one organized the home economics course at Rhode Island State College and another taught at Berea College for several years. Many are engaged in active

service in far countries—Alaska, China, India, Hawaii, Korea, and the Philippines.

During the jubilee a special convocation of the entire college was held at which the honorary degree of doctor of law was conferred upon Mrs. Nellie Kedzie Jones. Mrs. Jones was graduated from the college in 1876 and was teacher of household economy and hygiene and superintendent of sewing from 1882 to 1884. She was made head of the foods department in 1884 and from 1887 to 1897 she was head of the domestic science department, as the course was then called. During Mrs. Kedzie's administration a domestic science building, now called Kedzie hall, was built for the exclusive use of the domestic science and art classes. Mrs. Jones was professor of domestic economy at Bradley Polytechnic Institute for several years after leaving K. S. A. C. in 1897. She later taught at Berea College, and is now head of home economic extension in the University of Wisconsin.

The honorary degree of doctor of laws was also conferred upon Mrs. Henrietta Willard Calvin and that of doctor of science on Miss Abby L. Marlatt in recognition of the contribution they have made in home economics education. Miss Marlatt was graduated from the college in 1888. She has developed home economics in the University of Wisconsin and has been head of the department there for sixteen years. During the world war, Miss Marlatt took an active part in national and state food conservation work.

An important feature of the program was the naming of the main home economics building "Calvin Hall" in honor of Mrs. Calvin, a graduate of the class of 1886. Mrs. Calvin was head of the work at the college from 1903 to 1908, and it was during her administration that this building was built. She has been head of the home economics department at Purdue, dean of the school of home economics at the Oregon Agricultural College and specialist in home economics with the U. S. Bureau of Education, and is now supervisor of home economics in the Philadelphia public schools.

Another feature of the jubilee program was a candle ceremony in which candles were placed on a giant map of the world showing the present location of graduates of the school.

MARY ELVA CROCKETT,
Kansas State Agricultural College.

Home Economics for a Near East Orphanage. The courses worked out during my stay at the Island of Syra (described in the April

JOURNAL) will give an idea of the life of the girls as well as what we hope to teach them. Course B is the one which we developed for printing and which will be used as a suggestion for work elsewhere.

COURSE A. HOUSEWORK DONE BY ALL THE GIRLS

Aim: Production first.

1. Cooking and serving meals for 1000 boys, 1500 girls, and 150 of staff personnel.
2. Laundering, ironing, and mending 19,000 pieces weekly including clothes of American personnel, nurses, and senior leaders.
3. Caring for girls' orphanage: making beds, sweeping, dusting, scrubbing, washing windows and woodwork, caring for latrines.
4. Cutting, fitting, and making all cotton and woolen clothes (except tailored garments) worn by boys and girls.
5. Handwork: embroidery and lace making.

COURSE B. OUTLINE OF HOME ECONOMICS FOR OLDER GIRLS

Aim: Education rather than production.

Method: A large group is subdivided for work in laundering, sewing, cooking, and serving. The instruction is given on the job, but with individual supervision by the teacher.

1. General housework. Lectures and demonstrations of approved methods adapted to the Near East.
2. Laundering. 15 days. 10 girls in group.
3. Ironing and mending, cleaning and pressing. 1 month. 10 girls in group.
4. Cooking and serving for 100 to 150 members of personnel. 1 month. 10 girls in group.
5. Dressmaking, including hand and machine work, cutting, and fitting. 3 months. 15 girls in group.
6. Health and Hygiene. Twice a week for 2 months.

COURSE C. HOMEMAKING

This course is planned for a cottage near the girls' dormitory. The aim will be to prepare the girls who have finished the other courses and are about to leave the orphanage for Egypt, France, America, or homes of their own for the problems of Home Management. The work will be given to a group of the oldest girls for a period of six weeks in a small five-room native cottage. It is obvious that even a few weeks of living in this home-like atmosphere will be not only a great pleasure but a great benefit to the girls after they have spent most of their lives in dormitories.

There is a small garden for flowers and vegetables and a resident teacher will be in charge. The girls will have full responsibility for and the care of one or

two kindergarten children about four years of age. The housekeeping will be done on the budget plan with $10 a month for each child, an amount estimated to cover the entire cost of living and the upkeep of the building.

The work will include: methods of housekeeping, care and training of children, food, clothing, shelter, home nursing, and relationship to the community.

EDA LORD MURPHY,
Constantinople College for Women.

WORK OF THE ASSOCIATION

NUTRITION SECTION

Membership Committee. The chairman, Ruth Jordan, Purdue University, Lafayette, Indiana, is anxious to increase the membership in the section and will be glad to receive names, addresses, and 50 cents dues from those interested in the work of the section.

Bulletin No. 1. The first of the proposed series of bulletins to be published by the section has been issued in the form of an eight page printed leaflet. It contains the article "Fat-Soluble Vitamin and Calcium in Nutrition" by H. C. Sherman and F. L. MacLeod of the Department of Chemistry, Columbia University. A second bulletin is now in preparation and it is hoped that several will be issued during the year. The sub-committee in charge includes Mrs. Elizabeth Miller Koch, chairman, Lydia F. Roberts, Ruth Okey, and Mabel Nelson. The bulletins are sent free to section members who have paid dues and are registered with Miss Jordan. Copies may be purchased for 10 cents each from the secretary of the section, Mrs. Jessamine Chapman Williams, Oregon State Agricultural College, Corvallis, Oregon.

California Meeting. The section program is in general charge of the section officers and Dr. Ruth Okey of California. Dr. Alonzo Taylor of Leland Stanford University, Dr. Herbert Evans and Dr. Marshall of the University of California, Dr. Minna C. Denton of the U. S. Department of Agriculture, and Dr. W. R. Bloor are expected to address the Section. There will be a joint meeting with the Institution Economics Section at which there will be four speakers, among them Dr. Sansum of the Metabolic Hospital, Santa Barbara, and Dr. Alvarez of the California University Medical School, San Francisco. The four sub-sections will hold round tables, with subjects and leaders as follows: Health education, Mrs. Jessamine Chapman Williams; research in nutrition, Dr. Ruth Okey; problems of the dietitian, Helen McDonald; experimental cookery and food preparation, Evelyn G. Halliday.

MARTHA KOEHNE, *Chairman,*
University of Washington, Seattle.

SAN FRANCISCO MEETING

August 1 to 6, 1925

RAILROAD ROUTES AND RATES

The American Home Economics Special. The train leaves Chicago at 10:30 p.m. Sunday, July 26, makes generous stopovers at Colorado Springs, Glenwood Springs, and Salt Lake City, passes through the beautiful Feather River Canyon by daylight, and is due at San Francisco at 5:45 p.m., Friday, July 31. Time tables and rates were printed in the March JOURNAL.

Return Trip. No special party arrangements are made for in order to allow freedom in the selection of routes. Those outlined below are among the most popular. For persons returning by Routes A, B, C or D the roundtrip fare is the same as that quoted for the special train ($86 Chicago to San Francisco and return). For routes E, F and G, it is approximately $18 more ($104 Chicago to San Francisco and return).

Route A—Grand Canyon

Southern Pacific R. R. or Los Angeles Steamship Co. to Los Angeles; Atchison, Topeka and Santa Fe Ry. to Chicago. If the Grand Canyon is included the railroad fare will be $9.12 higher.

Route B—Golden State

Southern Pacific R. R. or Los Angeles Steamship Co. to Los Angeles, Golden State Route to Chicago.

Route C—Feather River Canyon

Southern Pacific R. R. or Los Angeles Steamship Co. to Los Angeles; Union Pacific R. R. to Salt Lake City; Denver and Rio Grande Western R. R. to Denver; Chicago, Burlington & Quincy R. R. to Chicago.

Route D—New Orleans

Southern Pacific R. R. or Los Angeles Steamship Co. to Los Angeles; Southern Pacific R. R. to New Orleans; Illinois Central or Louisville and Nashville and Chicago and Rock Island to Chicago.

Route E—Spokane, and Glacier or Yellowstone Park

Southern Pacific R. R. to Portland; Spokane, Portland and Seattle Ry. to Spokane; Great Northern Ry. (Glacier Park Line) or Northern Pacific Ry. (Yellowstone Park Line) or St. Paul, Chicago, Burlington and Quincy R. R. to Chicago.

Route F—Seattle, Vancouver, Glacier or Yellowstone Park

Southern Pacific R. R. to Portland; Great Northern or Northern Pacific Ry. to Seattle; Great Northern Ry. (Glacier Park Line) or Northern Pacific Ry. (Yellowstone Park Line) to St. Paul; Chicago, Burlington & Quincy R. R. to Chicago. This route permits of a free side trip via rail or water line from Seattle to Vancouver and return, providing you secure your side trip coupons at the time of purchasing your railroad ticket.

Route G—Seattle, Vancouver, and Canadian Rockies

Southern Pacific R. R. to Portland; Great Northern or Northern Pacific Ry. to Seattle; Canadian Pacific Steamship Co. or Great Northern Ry. to Vancouver; Canadian Pacific Ry. and Minneapolis, St. Paul, and Sault Ste Marie Ry. to St. Paul; Chicago, Burlington and Quincy R. R. to Chicago.

Alaska. From Seattle, a trip to Alaska and return may be made. The cost is $80 to $120 including steamship transportation, meals, and berth. Reservations for this should be made now, as accommodations are limited.

For further information or reservations, address Miss Nina Streeter, chairman of Transportation Committee, 5012 Dorchester Avenue, Chicago.

IN LIGHTER VEIN

The more serious and business-like parts of the program were outlined in the April JOURNAL The more frivolous features have by no means been overlooked. Especially has effort been made to plan interesting group luncheons and dinners, most of them at the Fairmont Hotel. For luncheon on Saturday, registration day, a group of special tables will be provided. There will be a general dinner at the hotel that evening at which the Committee on Publicity hopes for an informal discussion of its program. On Monday special luncheons will be held for state presidents and several sections. For Monday dinner one may choose between an alumnæ reunion and a visit to Chinatown. Tuesday will be spent at the University of California; luncheons will be arranged at places convenient to the campus; there will be a tea at the Women's Faculty Club after the tour of the campus, and section dinners at Stephens Union, the beautiful club for students. Thursday noon is reserved for special luncheons, and the meetings close with the banquet Thursday evening—the gala event of the week, at which all the states will tell what's what at home as they did at Buffalo.

The exact time and place of luncheons for news-gatherers, home economics club representatives, sororities, and other special groups will be announced later.

Sunday and Thursday—except in the case of hardworked committee members—are kept free for sight-seeing and general fun. Excursions were suggested in the April issue and more information will be available at the Convention. Visits are being arranged to various industrial plants on Thursday, and a choice is offered between the huge California and Hawaiian Sugar Refinery at Crockett, a furniture factory, a wool warehouse, and a cotton factory.

DONA DELUCE,
Chairman Publicity Committee.

BOOKS AND PERIODICALS

Woman's Share in Social Culture. By ANNA GARLIN SPENCER. Second edition, enlarged. Philadelphia: J. B. Lippincott Company, 1925. (Lippincott's Family Life Series) Pp. 413. $2.50.

A warm welcome will be given this revised and enlarged edition of Mrs. Spencer's discussion originally published in 1913. Since that time, changes in the position and work of women then already visible to the trained observer have become patent to all; the political enfranchisement of women has; for example, been accomplished in 33 countries affecting one hundred million women. Processes then apparently in full swing have been obstructed, so that only slight if any advance can be perceived, as, for example, the admission of women to positions of high academic prestige or to the higher counsels of the state. The net results of the Great War's influences will be known only at a far distant time, but the reason for noting the nature and varieties of those influences is all the more compelling, and no one is better qualified than Mrs. Spencer to guide us into the intricate and devious paths to be followed if accurate account of the day's development is to be taken.

The first ten chapters in this volume, which is about half as large again as the earlier edition, treat of the same subjects dealt with before and in the same order. They are: "The Primitive Working-Woman;" "The Ancient and the Modern Lady;" "The Drama of the Woman of Genius;" "The Day of the Spinster;" "Pathology of Woman's Work;" "The Vocational Divide;" "The School and the Feminine Ideal;" "The Social Use of the Post-Graduate Mother;" "Problems of Marriage and Divorce;" "Woman and the State;" and there is in this edition a new chapter (XI) "Where Two Walk and Work Together." The Analysis of the earlier edition is retained, likewise in enlarged form. And in these chapters the topics that engage the activities of great organizations of women are lucidly set forth and eloquently discussed with the breadth of view, wide reading, and generous sympathy that characterize all Mrs. Spencer's utterances. Perhaps the chapters to which the reader turns most eagerly are the eighth chapter on "The Social Use of the Post-Graduate Mother" and the last "Where Two Walk and Work Together." In the eighth chapter Mrs. Spencer interprets the early cruelties to older women, explains the "witch superstition," and points to the connection between unduly early marriage, excessive exploitation of the child-bearing powers of women characteristic of some civilizations, and the hostility to the aged who bore in their character and minds as well as on their bodies the scars of this misuse. The result of this in the modern situation is the demand for the postponement of marriage, the dignifying of motherhood, and the recognition of the community's need for the contribution of women who have had the experience of wifehood and motherhood. "Instead of penalizing the marriage of women teachers the public school management should offer a premium for the marriage of these women; especially those whose proven fitness for the teacher's office presents the first diploma in the curriculum of successful motherhood" (p. 248). In the last chapter Mrs. Spencer calls attention to the many points at which men and women are supplementing each the efforts of the other. She discusses this "comradeship of study, work, and social effort" under the seven heads, (1) Agriculture, especially with reference to the new importance given by the War to agricultural labor, recalling women to that field of effort; (2) Domestic Labor, meaning the professionalization of tasks earlier menial, so that men now often do what were women's

jobs; (3) the Teaching Profession and Education; (4) the Professions; (5) Industry; (6) Work for Internationalism and Peace; (7) the Church. Mrs. Spencer believes essentially in coöperation rather than competition, in the abiding quality of love as against the temporary effects of hate, and she sees here as elsewhere, in the face of obstacles, "all things working for good."

SOPHONISBA P. BRECKINRIDGE,
University of Chicago.

Farm Life Abroad. Field Letters from Germany, Denmark, and France. By E. C. BRANSON. Chapel Hill: University of North Carolina Press, 1924, pp. 303. $2.00.

Here is a delightful book of travel, observations on fundamental matters in "the country end of things" in Germany, Denmark, and France, presented with comparisons of corresponding things in America by a leading authority in the field of rural economics, professor in the University of North Carolina. The book is not a formal scientific treatise, but comments from letters written to the people of North Carolina through the daily press during twelve months' field study. It is an admirable example of a scientist presenting facts in such form that they are agents for popular enlightenment.

The book gets at the true inwardness of situations in their relation to human welfare. It might have been entitled "Rural Standards of Living." It is not a volume that many home economists will necessarily add to their personal libraries, but it is one that all who deal with rural conditions should go over both for the pleasure of doing it, and for the emphasis it will give to certain factors in the American rural situation. It will also yield useful sections for reference reading.

In addition to its discussion of such questions as agricultural operations, coöperation, and marketing, there are striking pictures of rural houses and homes. Especially good are the contrasted pictures of the farm women in France and Germany who are field workers along with the men, and in Denmark where they are homemakers primarily. The high standards of home and community life achieved in Denmark through vocational and liberal education in the rural districts, through productive animal industry, through coöperative organizations that enter into every aspect of agriculture and rural life, and through better living as the goal of better farming, form the central theme in Professor Branson's story.

It is much to be wished that some of our home economists in foreign work would give us similar journey-books to the homes of other lands, of England and the continent, the Near East and the Far East.

Since the book unfortunately lacks an index, attention may be called to the location of certain discussions. For Germany; farm home hamlets, page 25; farm houses, 27; diet, 15; homes 19, 27, 48; home owning, 28; farm women, 33, 146; thrift, 35; community life, 38, 50; dress, 3, 47; recreation, 63, 68; domestic industry, 78, 81. For Denmark: coöperation, 85, 92, 158, 201, 209, 237; poultry, 85; diet, 87; hotels, 93, 99; dress, 101; middlemen, 103; commercial agriculture, 105; ownership, 106, 113; fisheries, 108; standards, 123; social enterprises, 139; coöperative housing, 142; the aged, 143; women, 146; art, 162; music, 164; folk high school, 179, 194; railroads, 220; homeowning, 228; drink, 248; taxation, 256. For France: farm women, 265; farm homes, 268, 270; neighborhoods, 269; home ownership, 271; marriage, 276; feeding Paris, 278; farm life, 288.

A useful bibliography is appended.

BENJAMIN R. ANDREWS,
Teachers College, Columbia University.

BOOKS RECEIVED

The Mental Growth of the Pre-School Child. A Psychological Outline of Normal Development from Birth to the Sixth Year, Including a System of Development Diagnosis. By ARNOLD GESELL, Ph.D., M.D. New York: Macmillan Co., 1925, pp. 447. $3.50.

A discussion based largely on observation made at the Yale Psycho-Clinic and illustrated by action photographs taken there. Too technical for the general reader, but indispensable for advanced students of the subject as a pioneer volume by a recognized leader in a rapidly developing field.

Family Welfare Work in a Metropolitan Community. Selected Case Records. By SOPHONISBA P. BRECKENRIDGE. Chicago: The University of Chicago Press, 1924, pp. 938. $4.50; postpaid $4.70.

A book intended to serve much the same purpose in the training for social service that legal case records serve in the law school; includes 44 records from the filed reports of family welfare work done by two social service agencies in Chicago; selected to illustrate eight general types of problems: sickness leading to coöperation with medical relief agencies, insanity and feebleminded, non-residence, widows with young children, deserted families, children born out of wedlock, industrial injury, and childhood and old age; includes also statutes and annual reports showing work of public welfare agencies. Technical, but illuminating for the social and family conditions described.

An analysis of Janitor Service in Elementary Schools. Contributions to Education, No. 167. By CHARLES EVERAND REEVES, Ph.D. New York: Teachers College, Columbia University, 1925, pp. 194. Cloth, $1.50; paper, $1.00.

A comprehensive treatise based on questions asked of janitors and principals and observations made by the author, followed by analysis of competent jobs; discusses school cleaning jobs, daily and periodic cleaning of floors, special forms of cleaning, heating, ventilation, and special work; makes suggestions for the improvement of current practices and conditions.

Southern Field Crops. By JOHN FREDERICK DUGGAR. Revised Edition. New York: Macmillan Co., 1925, pp. 444. $2.40.

A volume in the Rural Textbook Series by a member of the staff of the Alabama Polytechnic Institute; first published in 1911 and now rewritten to present recent information and practice, especially those brought about by the cotton-boll weevil and the Mexican bean beetle; intended for use in agricultural schools and extension courses; deals chiefly with crop production, but includes a limited amount of material of interest to home economists on varieties, marketing, and use.

The Instructor in Garment Cleaning. By C. C. HUBBARD. St. Louis, Mo: National Association of Dyers and Cleaners, 1924, pp. 318. $10.

A volume by the former efficiency expert of the National Association of Dyers and Cleaners, now industrial fellow at the U. S. Bureau of Standards; intended to serve both as a reference book for shop use and as a textbook in dry-cleaning classes in vocational schools, the pedagogic form having been worked out by the Industrial Education Service of the Federal Board of Vocational Education. Valuable especially as a pioneer book in the field and as a compendium of trade practices, information on which is not elsewhere available.

Embroidery and Pattern Design. By HANNAH FOWLER AND GEORGE F. CRAGGS. New York: Isaac Pittman & Sons, Ltd., 1924, pp. 156. $2.25.

A handbook intended primarily for use by teachers in English schools, but interesting and suggestive for American conditions; analyzes stitches and processes for different types of embroidery; includes a section on design with definite suggestion for teaching; direct and concrete in manner of treatment; abundantly and clearly illustrated.

Textiles. For Commercial, Industrial, and Domestic Arts Schools; Also Adapted to Those Engaged in Wholesale and Retail Dry Goods, Wool, Cotton, and Dressmaker's Trades. By WILLIAM H. DOOLEY. New York: D. C. Heath & Co., 1924, pp. 750. $5.00.

Revised and enlarged edition of a standard handbook; includes about fifty pages of experiments for class use.

Practical Methods in Microscopy. By CHARLES H. CLARK, A.M., D.Sc. New York: D. C. Heath & Co., 1925, pp. 237. $3.00.

A well-known handbook by an instructor in Phillips Exeter Academy, first published in 1893, and now thoroughly revised and enlarged to bring it into accord with recent research and practice in microscopy and photomicrography; intended for the use of persons working by themselves as well as for classes.

The Rural Home: Proceedings of the 6th National Country Life Conference. Chicago: University of Chicago Press, 1924. pp. 241. $2.00; postpaid, $2.10.

Besides program, reports of meetings, officers, and committees this includes the papers presented, many of them of importance to home economists, especially those concerned with rural homes.

Elements of Physical Biology. By ALFRED LOTKA M.A., D.Sc. Baltimore: The Williams & Wilkins Co., 1925, pp. 460. $5.00.

Everyday Art. By AMI MALI HICKS. New York: E. P. Dutton & Co., 1925, pp. 241. $3.00.

The Food Supply of New England. Edited by ARTHUR W. GILBERT, New York: Macmillan Co., 1924, pp. 273. $1.80.

ABSTRACTS FROM PERIODICALS

HOMEMAKING

MacLeod, Sarah J. Harnessing the Dollar. *Good Housekeeping.* 1925, 80: 80.

Budgets, though not a cure-all for family financial ailments, can be of inestimable value in helping to "harness the dollar" and to make the last of the year seem less complicated and discouraging to the custodians and sharers of family incomes.

Reliable statistics for the last decade indicate the grave importance of successful family financing. With the wide range in income and standards of living, ready-made budgets cannot be made to fit perfectly the individual family and adjustments are essential if the financial plan is to be satisfactory. Though more difficult, it is possible and practicable to make a workable budget for the irregular income. Each of the six classes, Savings, Food, Shelter, Operating, Clothing and Advancement, and such other expenditures as may be essential for the individual family, should be considered carefully in order that all small as well as large items may be included in the spending plan. A savings account equal to the year's income and, if the head of the family has dependents, life insurance policies equal to twice the annual income, are of primary importance. Paying a maximum for shelter, whether rented or owned, works a hardship by curtailing other essentials, and the family dwelling place should be considered not by itself but as a part of the whole. Food expenditures may be lowered by "study, forethought, and planning." Operating expenses need to be watched in order to avoid frequent leaks. Equipment for saving time, labor, and energy is a wise investment and may be purchased out of money formerly paid for service. Though hard to follow, a clothing budget which takes into account present supply and three-year needs is a necessity. Likewise a plan for insuring a maximum of family advancement eliminates the tendency to spend for unwise trifles.

Accounts are essential as a means of

"living up to the budget" and should be more than an "obituary of past spending." They show the return on money handled and are of unsurpassed value in future spending plans.

Budgets, if honestly and frankly made, will aid greatly in family spending and will increase family happiness.

RUTH M. LINDQUIST.

Van Waters, Miriam. What's Wrong with the Home. *The New Republic*. 1925, 41: 531.

That something is wrong with the home is shown by the fact that in America to-day there is one divorce in five marriages whereas twenty-five years ago there was one in thirty. The home should furnish healthy behavior codes in order that children may be equipped to meet the demands of modern business and modern life. But civilization and modern conveniences have forced out of the home the spirit of adventure and creation. They have robbed the dwellers in homes, the children especially, of legitimate energy outlets and have given in their place energy users.

However, the fundamental difficulty is due to the relationship of parents to each other and their children. These forces which operate from within are far more dangerous than those which operate from without. Parents refuse to be educated in the necessity of respecting the personalities of children and enriching their social relationships. The successful home attains and expresses a common interest through joint action of a number of human personalities. In these days the home like the institution is attempting in vain to reach a goal through force.

Solution of the problem of the stability of the home does not lie in enforcement of uniform marriage laws, eugenics, nor age of matrimony. It lies rather in the education of the public to the importance of the needs of childhood and a biologically sound view of family formation. Adults before building a home must understand themselves. They must conceive the home to be the place which furnishes "emotional background, a guiding line that can withstand the confused definition of modern life."

FERN OSBECK.

Donham, S. Agnes. Woman's Biggest Job—Training for Homemaking. *Modern Priscilla*. 1925, 38: 18.

Homemaking, woman's biggest job, should not be left to chance or experience but rather receive definite training. Boys as well as girls are included in the comprehensive plan for happy living, and the training begins in infancy. This presupposes a home in which the parents have high ideals, and all the members of the family share work and pleasures. In order that the family group may realize this fundamental basis for real success, consideration must be given to physical existence, the development of spiritual values, the attainment and sharing of knowledge, and economic status. On the proper adjustment to the last hinges the success of the other phases of family life. With sympathetic understanding of the real meaning of home, new foundations will be laid for other successful homes and the greatest business in life will be happily met.

LUCY A. STUDLEY.

Sanderson, Dwight. Farmers' Incomes and Standards of Living from a Sociological View Point. *Jour. of Farm Econ.* 1925, 7: 40.

The standard of living in farm homes includes those goods which are commonly regarded as essential whether purchased by money or secured by the use of time. The sociologist considers the economic aspect—volume and monetary value of goods consumed—but his chief concern is with the kind and quality of goods included. The level of the standards of living is measurable by the extent to which it gives the best conditions for the highest development of human life. It remains to discover some means of maintaining for the farmer, as for the industrial wage earner, a minimum income which will be determined by the principle of the standard of living. The importance of securing larger human values from the present expenditures and introducing better goods into the standards of living is not less than that of acquiring a larger annual income. Only when the two are considered together will the farm standard be on a par with that

possible to those engaged in other industries and commerce. RUTH M. LINDQUIST.

Wilson, M. L. Farmers' Incomes and Standards of Living From an Economic View Point. *Jour. of Farm Econ.* 1925, 7: 35.

Economic studies of farm income have been concerned primarily with determining farm efficiency and the farmers' share of the national dividend. The problems of production have been paramount in importance and there has been a general assumption that farm family consumption would take care of itself, or would be handled by specialists in other fields. By developing the economics of consumption "low incomes may be made to go further in supplying the good things of life, and through rationalized consumption greater values may be secured from present incomes as well as incomes yet to come." It remains for a new group of specialists, coming possibly from the ranks of sociologists, home economists, and farm economists, to develop this field. A high standard of living is a goal worthy of attainment. Greater coördination in the studies of sources and use of income will go far toward enriching the results of both economic and country life investigation.

RUTH M. LINDQUIST.

Davison, Eloise. The Ironer Offers Its Help. *McCall's Mag.* 1925, 52: 36.

With but two tools—time and money—to use it is important that each be well used by the homemaker. Since it is not possible to increase the number of hours available in a day, it is essential that those hours be spent to the very best advantage. Ironing is one of the time-consuming tasks for which good household equipment is lacking. Granted that there are certain pieces of laundry which need only folding, there are others which must be ironed, and the use of an ironing machine makes possible good results in a minimum of time and with a minimum of effort.

The method of heating the ironer will depend upon the kinds and cost of fuel available. Electricity, kerosene, gasoline, or gas can be used. The initial cost of the equipment must be reckoned with, but the economy in time is a vital factor. In one home three and one-third hours were saved in ironing the weekly laundry by machine. The roll forty-two inches long is to be preferred to the shorter one if a maximum of time is to be released. It is important that the woman be familiar with the various parts of the ironer.

RUTH M. LINDQUIST.

NOTES AND CLIPPINGS

List of Government Publications. The revision of the mimeographed booklet, "Selected List of Government Publications on Food and Nutrition" compiled by Ruth Van Deman, and a similar new list on textiles and clothing by the same compiler are available in the Bureau of Home Economics, U. S. Department of Agriculture.

A. I. C. P. Health Charts. Twelve attractive black-and-white designs of the silhouette type are used in this new series of charts or posters. They are on heavy cardboard, 11 by 14 inches in size, and may be purchased for $2.00 a set from the Association for Improving the Condition of the Poor, 105 East 22nd Street, New York City.

Health Plays for Children. Three plays recently published in *The Farmer's Wife* have been reissued in attractive booklets, along with illustrations and directions for costumes. They are "The Vegetables Entertain" and "Health for Uncle Sam" by Mignon Quaw, and "Little Boy Blue Wakes Up" by Grace Farrington Gray. They may be purchased for fifteen cents each from *The Farmer's Wife*, 55 East Tenth Street, St. Paul, Minnesota. The same company also publishes amusingly illustrated leaflets on "Exercises for Constipation" and "Setting-up Exercises."

Annual Report of the Girl Scouts. In form this is one of the most attractive booklets of the year; its cut-out shape suggests the hoop skirts of great-grandma Betsy, whose pleasure at the freedom enjoyed by to-day's Betsy of the Girl Scouts serves not only to introduce but also to explain the philosophy of the activities of the organization. There are attractive silhouette or pen-and-ink pictures to indicate what the girls do and what their headquarters at 670 Lexington Avenue, New York, looks like. Incidentally are given details of membership, finances and officers, and a message from the director, Mrs. Jane Deeter Rippin.

Rug Making in Peking. An account of this industry, published as a special supplement to the *Chinese Social and Political Science Review* for April, 1924, is summarized in *Monthly Labor Review* for February, 1925. It shows the rapid development following the recent increased foreign demand for Chinese rugs, and its change from a home or small-shop basis to that of the factory. Old-fashioned apparatus and processes are still employed, and dyeing, which is still done to a large extent though not entirely with vegetable dyes, is an important part of the industry. Labor conditions are bad, especially for the boy apprentices who are brought in from the country on three-year contracts, and who receive their pay in lodging, food, and clothing rather than wages, living with no moral, physical, or educational supervision and with little chance of future employment.

Domestic Workers in Baltimore. United States Department Labor, Women's Bureau, Bulletin No. 39 gives the report of a study of the employment relations of domestic workers based on the records of the Domestic Efficiency Association of Baltimore. The findings are summarized in *Monthly Labor Review* for March, 1925.

Home and Factory Baking. A recent survey made in San Francisco and reported in *Baking Technology* shows that 94 per cent of the housekeepers interviewed bought bakers bread, but in a similar inquiry made by a concern anxious to increase the sale of pastries and sweets it appeared that only 13 per cent bought their desserts ready made.

Hawaiian School Kitchens. An article in the *Industrial Arts Magazine* for March gives a picture of a standard school kitchen in a separate building with sewing room attached, and states that domestic science in the Hawaiian schools is self-supporting and popular because each kitchen serves from one to five hundred hot lunches daily at an average cost of five cents. Except in Honolulu the pupils do all the cleaning and janitorial work of the schools.

Woman's Education—A Forecast. The address which President Charles W. Eliot of Harvard delivered before the Association of Collegiate Alumnæ in November, 1907, has recently been reprinted from the magazine of the Association of Collegiate Alumnæ by the College for Women at Western Reserve University. Although not bearing specifically on home economics, what President Eliot says about the education of women for homemaking is so much in accord with present-day tendencies in home economics that to reread the paper will prove of interest and inspiration to home economists. Copies may be obtained on request to the Household Administration Department, Western Reserve University, Cleveland, Ohio.

The Cleaning of Prints. A report of investigations conducted in 1921 and 1923 by the Department of Scientific and Industrial Research of the British Museum is summarized in *Museum Work* for January–February, 1925; it describes various practicable methods for removing dirt and stains of different types from engravings, etchings, and drawings, including the chemical or physical action of each and the precautions to be observed.

A Log Cabin Reading Room. In connection with 1924 Better Homes Week in Wilkes-Barre, Pennsylvania, the Wyoming Historical and Geological Society built into one end of its large library and exhibit hall a full-sized replica in beaver board of a pioneer log

cabin and furnished it with fittings of the period loaned by local owners. According to a description in *Museum Work* for January–February, 1925, the installation was neither difficult nor expensive and others who wish to install a similar exhibit may obtain from the society working plan and drawings for the front elevation and the interior with its big stone chimney.

Hospital Publicity in England. An interesting example of the methods used by welfare organizations to solicit support in an English community is found in the "Record of 1923," issued by the Sheffield Joint Hospitals' Council. It is an attractively printed, freely illustrated pamphlet of over a hundred pages, evidently financed by advertisements from local concerns, which brings together the noteworthy facts regarding the Council, its constituent organizations, beneficiaries, patrons, and cooperating friends. The "penny in the pound" scheme of contributions to the support of local hospitals also is attractively presented in leaflets and folders.

Niagara Falls. The power possibilities and preservation of the Falls are discussed by Samuel S. Wyer in Publication 2820 of the Smithsonian Institution as part of the Institution's study of natural resources.

Home Economics at the University of Porto Rico. The *Porto Rico School Review* for October, 1924, contains a lively 'write-up' of the work of last summer's session. Sixty-six home economics teachers took advantage of the courses offered. Mrs. Thomas C. Benner, the wife of the newly-installed chancellor, is a graduate in home economics at Simmons College.

New York Society of Ceramic Arts. The twenty-seventh annual exhibit held in February and March at the Art Center included table ware by Mrs. George F. Nichols, lamps by Mrs. M. D. Driggs, chintz decorated bowls from the Byrdcliffe Pottery, and specimens of Jugtown pottery from North Carolina.

Curriculum Revision in Denver. Frances Zuill of the Iowa State University has recently been in Denver to consult with the school authorities regarding home economics in the proposed revision (see March JOURNAL, page 148) of the public school curriculum.

National Baby Congress. A national baby congress and health exposition sponsored by the Illinois State Medical Association will be held May 2–9, at the American Exposition Palace, Chicago.

Edison Lighting Institute. The exhibits and laboratories dedicated at Harrison, New Jersey, on February 11, concern all phases of the development of illumination devices since Edison's invention of the first electric lamp in 1879. The institute includes a bureau of experts to assist in the improvement of all types of lighting, including that of the home.

Negro Conference at Tuskegee. Among the exhibits at the thirty-fourth annual negro conference held late in January was one depicting the progress in negro rural homes; it showed a typical one-room cabin of sixty years ago with broken windows, a bed and two chairs as the only furniture, a fireplace with two skillets as the only cooking equipment, wooden wash tubs, and a littered yard, and, in contrast, a well-kept modern farm home with labor-saving devices, simple but tasteful furniture, and a clean kitchen in which a well-chosen meal was being prepared.

NEWS FROM THE FIELD

KINDRED INTERESTS

National Conference on Outdoor Recreation. The American Home Economics Association has recently been admitted to membership in the conference and will be officially represented at the second annual meeting in Washington, May 28 to 30.

National Conference of Social Work. The special train to the annual meeting in Denver, June 10 to 17, will leave Chicago at 11.30 p.m. Monday, June 8 and arrive in Denver at 7.30 a.m. Wednesday, June 10, going by the Chicago and North Western Railway and the Union Pacific. Information and reservations may be obtained through H. G. VanWinkle, General Agent, C. & N. W. Ry., 148 South Clark Street, Chicago.

Guggenheim Fellowships for Study Aboard. The John Simon Guggenheim Foundation has been started with a preliminary endowment of $3,000,000, the gift of Senator and Mrs. Simon Guggenheim in memory of their son. The purpose of the Foundation is to offer young men and women world-wide opportunities for advanced study. It is intended for older students of proved ability, and to stimulate practical and cultural research and increase productive schorlaship in America. The educational advisory board consists of twenty well-known educators with President Frank Aydelotte of Swarthmore College as chairman. The executive office at 2300 Pershing Square Building, New York City, is in charge of the secretaty, Mr. Henry Allen Moe.

Commonwealth Fund Fellowships. Twenty British students, men or women, recommended by a committee representing British universities and colleges, will annually be awarded fellowships for graduate study at any of the institutions which are members of the Association of American Universities and possibly others. Appointments will be for two or, in exceptional cases, three years. Awards will be based on intellectual, physical, and social qualifications similar to those considered for the Rhodes scholarships for American students at English Universities. Like those, the present fellowships are intended primarily to promote better understanding of America in young men and women likely to become leaders in Great Britain.

General Federation of Women's Clubs. The new department of the American Home is under the general chairmanship of Mrs. Maggie W. Barry, College Station, Texas. It is organized in three divisions: home economics teaching, chairman, Mrs. J. C. Gawler, Yakima, Washington; home extension service, chairman, Mrs. Clarence Haring, Berkeley, California; and homemaking, chairman, Mrs. Harry A. Burnham, Newtonville, Massachusetts. Under the last division there is also a committee on education in the home with Mrs. Barry as chairman. Specialists in subject matter are: mothercraft, Mrs. May Dickinson Kimball; nutrition, Dr. Louise Stanley; budget, Mrs. Edith McClure-Patterson; textiles, Mrs. March Schenck Woolman; and insurance, Miss Alice Lakey.

League of Women Voters. Among the prominent speakers at the annual meeting held in Richmond, Virginia, April, 16 to 22 were Mrs. Corbett Ashby, the well-known London suffragist, and Donna Bertha Lutz of Brazil who made many friends in the United States at the time of the 1922 Pan-American conference in Baltimore.

George Peabody College for Teachers. The fiftieth anniversary of the founding of the college, celebrated February 18 to 20, brought to Nashville many distinguished visitors. One session was devoted to George Peabody, Sir Esme Howard, the British Ambassador to the United States, speaking

of his work and influence in England. Another session commemorated the influence of the College on American life. A new demonstration school building was dedicated as part of the celebration.

Near East Relief. At the luncheon given in connection with the annual meeting of the board of trustees in Washington on February 26, moving pictures were shown of the orphanage at Syra, described by Miss Murphy in the March JOURNAL. There was also an exhibit of handicrafts made in that and other schools, including embroidery, lace, rugs, pottery, and silverware.

Ella Sachs Plotz Foundation. This foundation, established in 1923 for the advancement of scientific investigation, gives preference in its grants to researches on a single problem or closely allied problems. A recent issue of *Science* reports eight grants made for 1924–5; they are concerned mainly with physiology and pathology of the kidneys, and include $1250 to Dr. S. H. Newburgh of the University of Michigan as the first of three annual grants for the study of the production of chronic nephritis with high protein diets and amino acids.

School Health Program. The program of health study drawn up by the American Child Health Association is being followed in eighty-nine schools in sixty-two places scattered through twenty-eight states, the District of Columbia, and even the Virgin Islands.

Textile Design Competition. Several thousand designs were submitted in the ninth annual competition held in New York during March under the auspices of the Art Alliance of America. The jury of award consisted of representatives of leading textile firms and artists connected with the Alliance. Thirteen prizes, with a total value of $750, were provided by well-known manufacturers and dealers.

Conference on Better Housing. The New York Community Church recently held four conferences on Better Housing under the auspices of "Everybody Who Will Take Part." The meetings were held from 4:00 to 5:30 with two speakers on each of the first three days, and general discussion on the fourth. The subjects included "How bad are the old tenement houses?" "Successful housing projects for citizens of small income in greater New York," "Can garden apartments for citizens of small income be provided on Manhattan Island?" with constructive discussion on proposals for progress. A similar program with appropriate local topics might be arranged in any community.

MISSOURI

University of Missouri. The College of Agriculture held its annual Farmer's Week from January 19th to 23rd with four hundred and eighty-two persons in attendance. An average of six lectures and demonstrations in problems related to the home were given each day by members of the university staff. Dr. Caroline Hedger of the Elizabeth McCormick Memorial Fund talked upon health problems of the rural home and particularly of the adolescent period. The home economics department prepared light bread from Missouri soft wheat flour for the annual Farmer's Banquet, at which over seven hundred people were present.

Dr. Katharine Blunt was the guest of the home economics department for several days during the early part of March. She addressed a group of mothers on the cooperative nursery school movement and the Home Economics Club on the development of the American Home Economics Association and possibilities for the club's affiliation.

NEBRASKA

University of Nebraska. The students who go to Merrill-Palmer School this semester are Fauneil Senter, Marie Streiter, Angeline Carlson, and Lemo Dennis, a graduate student.

Miss Frances Zuill, head of the home economics department, University of Iowa, was at the University February 16th and addressed two classes on the "Qualifications of a Successful Home Economics Teacher." In the evening she met the Omicron Nu, and gave a most interesting presentation of the subject, "Newer Trends in Home Economics." An enjoyable social hour followed.

Dr. Katharine Blunt was a welcome guest

of the home economics department of the University in March.

Beulah Coon and Grace Morton have returned to their positions in the department of home economics, after a semester at Columbia University.

Miss Edna Benson spoke on home furnishing at a meeting of the Women's Club of Hastings which was sponsored by the club's home economics department. Other clubs of the county who are studying this phase of homemaking were guests of the club. The Woman's Club has recently purchased a residence near the Civic Center for a club house and has built on a large auditorium. The furnishing of the house was done through the home economics department of the Club.

Nebraska State Normal. The summer school has been lengthened from eight to twelve weeks, with more home economics courses offered than before. Kearney is endeavoring to solve the dormitory dining room problem by careful planning of dietaries and buying.

Leta Linch has resigned from Nebraska Wesleyan University, to become head dietitian of the new Lincoln City Hospital.

NEW ENGLAND

New England Home Economics Association. *Economics Section:* "Putting Economics into Home Economics" was discussed at the February meeting. Hildegarde Kneeland was speaker of the day and S. Agnes Donham conducted the round table discussion. The need for research work wisely planned, directed, and supervised and the doubtful value of superficial research work were brought out in the discussions.

Social Service Section: This section is mid-way in its program for the year. Members who are nutrition specialists are conducting a course of instruction for social workers without such training. The instructors include Frances Webster of the Red Cross; Lou Lombard of the Massachusetts State Board of Health; Frances Stern, Boston Dispensary; Marjorie Foster, New England Dairy Council; Miss White and Miss Worthern, representing the Community Health Association. The course includes instruction in the factors of sound nutrition, food requirements and adequate dietaries, foreign diets, pre-school feeding, variations from normal diets, and food budgets. Food displays strengthen the discussions. Bread as made by five nationalities was exhibitied on the Saturday morning when foreign diets were studied.

NEW YORK

New York State Home Economics Association. The annual meeting was held in New York, April 13th and 14th, at the Hotel Martinique, and will be reported in the July JOURNAL. Emma Conley was chairman of the program committee and Mrs. Annette Herr, chairman for local arrangements.

Home Economics Association of Greater New York. The Association continues its year's project of widening its contact and bringing its members in closer touch with other women's organizations of allied interests. A well-attended reception to the presidents of women's clubs in New York City was given by the association recently and an interesting joint meeting has been held with the New York League of Advertising Women. The chief speakers at the latter were Katharine A. Fisher and Margaret Sawyer, representing the Women in Business Section of the Home Economics Association. Ruth Watson, chairman of this group, introduced the speakers. Another meeting of great interest was held at Pratt Institute where a textile program, arranged by Martha Phillips Young, was followed by a fashion show. In March a dinner meeting was held at Teachers College preceded by a trip for the members of the Association through the new home economics building and the new women's faculty club.

Cornell University, School of Home Economics. Dr. Nellie Perkins of the Wayne County Psychopathic Clinic at Detroit will give a series of courses in child training at the summer school session, July 6 to August 14. Advanced courses will be given to those who had last summer's courses or its equiva-

lent. A nursery school will be arranged as a laboratory for the courses in child training, child care, and child feeding.

Lillian Hoag of the local Social Service League is to assist the home economics staff in making a series of home surveys, the data from which will be used in planning both teaching and extension work.

The nutrition department gave a course in dietetics to the nurses at the City Hospital during the first term. The work was in charge of Professor Helen Monsch. Actual laboratory instruction and personal conference were given by senior students in elementary dietetics and diet and disease. Miss Monsch considers this work an unusual opportunity for students to get their subject matter well grounded, to learn to meet nurses, and to know their problems before they are faced with actual hospital conditions. The hospital has already asked to have the work given to a third class.

Dr. Adelaide Spohn has work started on several research problems in connection with the effects of canning methods on vitamin content of foods, the relation of color pigments to vitamin content, and the nutritive effects of the bread-meat-and-potato diets. Papers have been given at the monthly seminar in nutrition on the following subjects: The Purpose and Function of the Nutrition Survey, Miss Rose; Recent Reports on the Iodine-Goiter Problem Miss Henry; Recent Work in Infant Feeding, Miss Monsch; Problems in Teaching Nutrition, Miss Rose.

Lucile Brewer, Flora Thurston, Erma Hollen, and Dora Sonnenday attended the Eastern States Extension Conference of specialists in nutrition and dairy husbandry in New York February 24–26. Miss Thurston is chairman of the nutrition section.

Cornell acted as hostess for the December meeting of heads of home economics departments in the state called by Miss Conley of Albany, State Supervisor of Home Economics. Objectives in home economics teaching were discussed.

The class in diet and disease conducted by Helen Monsch found a trip to Clifton Springs Sanitarium a satisfactory method of studying storage of food and preparing and serving diets for the general hospital and for special patients. The class also attended a clinic in the afternoon where the doctors discussed the patients' diseases and diets that were given them.

New York State College for Teachers, Albany. The college initiated a new feature in the program of coöperation with the district and the alumni in the teaching field in connection with the meeting for each department held on the morning of March 21st. The home economics department offered an attractive program by Mrs. Evelyn S. Tobey, instructor in household arts at Teachers College, Columbia University, and popular throughout the state for her lectures and demonstrations.

The Home Economics Club has become affiliated with the New York State Home Economics Association and thus with the American Home Economics Association. The club members feel that this is an important step inasmuch as it will lead to wider interest in and association with other clubs working along the same line. Ninety-one members are on the roll, entitling the club to four representatives in the State Association.

Pratt Institute. Saturday, January 17 was Alumnæ Day for the School of Household Science and Arts. The program included visits to classes, to Pratt Women's Club at 166 Willoughby Avenue and the homemaking house at 220 Willoughby Avenue, a meeting of the alumnæ at which there were speeches made by Elizabeth Condit, Mr. George D. Pratt, Mr. Frederick Howe, Miss Holloway, and Miss Kinney, and finally a reception and tea at the Casino.

A big event for the School of Household Science and Arts was the Budget Fashion Show at the John Wanamaker Store on January 30 under the auspices of the New York City Federation of Women's Clubs, Home Economics Division, and the National Housewives' League. The forty-seven costumes worn by Pratt Institute students were designed and made by students of this and the School of Fine and Applied Arts. The gowns were shown in four groups: those for

the young girl, for women in business, for Palm Beach, and for the trousseau. The Wanamaker Store generously awarded $100 in prizes, one for the most original and attractive dress in each of the four groups, one for the most practical and attractive dress, and two for the best of the eight prize costumes. The judges were Miss Martha E. Dodson and Miss Anne Rittenhouse who said they did not know that it was possible for any school in the country to put on such a finished exhibition, showing such attractive, original designs and fine execution.

The Fashion Show was under the direction of Miss Majorie Kinney with the coöperation of Miss Grace Clarke of the Metropolitan Museum of Art and Miss Margaret Lincoln of the School of Fine and Applied Arts. Credit for its success should also be given to the helpful coöperation of the store, and especially its home budget service.

Teachers College. Miss Barrows gave three demonstrations before the Parents Association of the Morningside Presbyterian Church during January and February.

Miss Shapleigh gave four lecture-demonstrations before the Institute of Arts and Science in January and February.

On Saturday, February 21st, Miss Van Arsdale gave an address on "Science and the Art of Cookery" at a conference of food service directors of the Young Women's Christian Association at 600 Lexington Avenue.

Miss Mary Agnes Davis is writing a series of articles on the school lunch for the Normal Instructor and Primary Plans magazine.

Miss Ulla Christensen of Denmark visited various departments of the School of Practical Arts late in February. She came to the United States through Dr. Lund of the International Education Board, to make a study of extension work. She is particularly interested in home economics for adults and in boys and girls clubs.

On February 24th the students in foods and cookery were invited to have after-dinner coffee, served by the catering class at seven o'clock. after which a delightful hour was spent in Milbank Chapel when Miss Elizabeth Condit gave readings from Dickens and Mr. Alling played the organ.

Professor Andrews spoke recently before clubs and other organizations in Rose Valley, Pennsylvania, Leonia, New Jersey, South Bend, Indiana, and Ann Arbor, Michigan.

Mrs Mary Swartz Rose is taking a half year's sabbatical leave this term.

Professor Ernest R. Groves of Boston University, author of several books on the family, will give two courses on "Social Aspects of the Modern Family" in the 1925 summer sessions. Another new offering is two courses on "Housing and Town Planning in Relation to Family Welfare" by Edith Elmer Wood, Ph.D.

NORTH DAKOTA

North Dakota Home Economics Association. The first state news letter to home economics people was sent out in January, 1925. It gives the program of work for the year and many items of interesting home economics work being done throughout the state. The hope is to further the work of the state association as well as that of the national organization by the medium of these letters containing the latest news.

University of North Dakota. A home economics club was organized in January by the students in the department to promote interest in professional home economics and bring the students into closer touch with one another. Thus far the business of the club has been largely concerned with providing a constitution and the necessary instruments of operation, but it is planned to have an occasional program along with the business meetings. The advisability of undertaking some research problem is also a matter under consideration at present.

An advanced course in nutrition is being given this semester for the first time, under the name of Nutrition and Food Economics. Particular attention is paid to diet in disease and the newer developments in nutrition. Hazel Hauck is the instructor in charge.

The course in home economics for men which was given two years ago for the first time is being repeated this year with seven or eight students enrolled. After learning something about the importance of a good diet, they will prepare and serve a meal or

two themselves. Other topics considered will be the principles of house planning and furnishing, selection, care, and hygiene of clothing, as well as etiquette for various occasions, formal and informal, including the responsibilities of a host, the ordinary courtesies due a woman guest, and clothing suitable for different types of occasions. A great deal of interest was displayed by the men who took the course two years ago, and it is planned that a similar course be given at least once in two years, and oftener when the teaching load of the staff is lightened sufficiently to permit it.

OHIO

Ohio Home Economics Association. A meeting was held at Columbus, December 30th, 1924, as a section of the Ohio State Teachers Association. Papers were presented on "General Education and Home Economics" by Frank D. Slutz of Dayton, Ohio, on "Information Tests in Home Economics" by Clara Brown of the University of Minnesota, and on "School Architecture" by Mr. William B. Ittner, school architect of St. Louis, Missouri.

The next meeting was set for Mansfield, March 7.

Ohio State University. Katherine Bazore of the foods department has resigned to take a position at the University of Illinois.

Marion Smith, who assisted in the foods and nutrition department for the past year and a half, has gone to Boston for further study.

Thelma Beall, who has been home demonstration agent in Cape Cod, Massachusetts, began work as home demonstration agent in Wood County, Ohio, in December.

Eunice Teal has taken the place of Mary Devitt as home demonstration agent in Montgomery County.

Amy Parke, who was home demonstration agent in Summit county for several years, has resigned to go to her home in Ashtabula County on account of her mother's health. She is succeeded by Edith Childs of Boston.

Miami University. The advanced food class served the annual dinner to the football team at the close of the season.

The Home Economics Club gave a Christmas party in the practice apartment. The club expressed the real Christmas spirit by making and sending one dozen and a half bungalow aprons to the girls in a mountain school in Kentucky.

OREGON

Oregon State Agricultural College. The second annual Educational Exposition was held February 20 to 23 with an attendance of 750 high school students from all parts of the state and 200 high school teachers and chaperons. Dean Coulter of Purdue University and Miss Anne Smith of Hull House, Chicago, gave addresses and held educational guidance conferences designed to awaken and stimulate the high school student's purpose in education. A part of the exposition was devoted to exhibits and demonstrations in the different departments and schools on the campus. The home economics exhibit dealt in many ingenious ways, including dramatic skits and demonstrations, with all phases of home economics, such as the budgeting of time and money, use of household machinery, household sanitation, nutrition and diet, economics in our food supply, proper table setting and serving, clothing for the high school and college girl, and important principles in house decoration.

The March issue of the Home Economics calendar deals with renovation and other clothing problems in the home.

Dr. Walter Brown, director of the Marion County Health Demonstration Center, was a guest and speaker at the February meeting of the Home Economics Club.

Oregon State Nutrition Council. A dinner meeting was held in Portland, February 6th, at which Dr. Walter Brown, director of the Marion County Health Demonstration Center at Salem, Oregon, was a guest of honor and outlined the work for this new five-year health demonstration.

PENNSYLVANIA

Drexel Institute. The following members have recently been added to the home economics faculty: Ardenia Chapman, assistant professor in charge of the department of clothing and textiles who for the past four years was associated with the State College for Women at Denton, Texas; Florence Turner, formerly a member of the faculty of the State Normal School at Spearfish, South Dakota; Orrell Baldwin, a graduate of the University of Wisconsin, and Margaret Russell, a Drexel graduate who is now the director of the college lunch room.

Plans are being made to increase the number of courses in the 1925 summer session. Many former students are returning to complete their work for a bachelor's degree.

The practice house baby holds a very important place in the home economics department. Little Evaline came to live in the practice house when she was six weeks old. A social welfare group of students in the college made all of the clothing and presented it to the department for her use. The freshman class in foods, by its annual Christmas Carnival in the Court, made enough to supply some of the necessary nursery equipment.

Annual State Farm Products Show. As part of the educational exhibit the girls of the vocational departments of homemaking staged a health play, "Any Girl and the Goddess," prepared an exhibit showing three meals a day for the pre-school child, three meals for the high school girl, and three meals a day for the active man, held a canning demonstration, and arranged an exhibit of clothing suitable for the high school girl shown on living models.

RHODE ISLAND

Rhode Island Home Economics Association. Julia Connor, administrative assistant for Better Homes in America, was the speaker at the meeting held in January at the College of Education in Providence.

Providence. Florence Caton, who resigned from the staff of the University of Missouri in order to be near her mother, has accepted a position at the Providence Trade School.

Rhode Island State College. The clothing class recently had the privilege of going through the Peace Dale Woolen Mills, the oldest woolen mill in the state where both spinning and weaving were done in the same building.

The teacher-training class in vocational education will give a demonstration and lecture on care of hands, nails, hair, and skin by a professional woman in her own shop.

The sophomore foods class at the college visited a number of interesting places in Providence on a recent field trip, among which were a candy factory, bakery, and public markets. Clara Taylor conducted the trip and received splendid coöperation from the merchants.

Home Economics Club. A new club has been organized at the Neighborhood Guild in Peace Dale under the directorship of Elizabeth Trowbridge. Their first activity was the preparation and serving of cookies and chocolate to the visiting and home basketball teams who were playing at the Guild that week. The club members consist of the home economics group of the South Kingston High School.

TEXAS

Texas Home Economics Association. At the fall meeting it was decided to promote the organization of high school home economics clubs; a committee was appointed to gather material for a small bulletin on the subject, and also a director to promote the organization and affiliation of such clubs.

Texas Technological College. In September, 1925, a new college of this name will be opened at Lubbock in West Texas. It will include colleges of art and science, home economics, agriculture, and engineering.

Clothing Contest. The sixth annual Girls Clothing Contest was held in Austin, April 23, 24, and 25 with about 600 Texas high school girls in attendance and visitors from other states. These contests have done much to promote sensible standards of dress among

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high school girls, as well as the general cause of home economics. The girls from schools that enter earn their own money for coming as a class project. Some of them last year came over 800 miles.

Home Economics Cottages. There are now thirty-two home economics cottages for high school home economics departments and many more are to be built. Each contains laboratory space for the usual class work and in addition a living room, dining room, bed room, and bath used for home nursing, ample storage space, and usually a screened porch and laundry, and a home kitchen. The cottage equipment makes possible a project organization for home economics and renders household management a really vital course. The girls are proud of the exterior as well as the interior of their cottages, and throughout the long summer vacation when the teacher is not present, they take care of the yard and in the fall have everything green and blooming.

University of Texas. February 7th the home economics department assisted by the Austin Chamber of Commerce, entertained the State Legislature and the Texas Press Association with a banquet in the banquet hall of the cafeteria. The room was beautifully decorated by design classes to represent an oriental garden, with tied and dyed awnings and yellow lanterns at the windows and boughs, and yellow balloons for the canopy. The banquet was partially prepared and entirely served by the students of the foods department, who were very attractive in white dresses with orange caps and neck ruffs—the college colors. A gridiron program was put on by the various student organizations. One of the cleverest numbers on the program was an animated cross word puzzle in which figured the home economics students, who served the banquet.

A study is being made of the physical equipment used in Texas schools and colleges for teaching home economics, and of the proportion of girls electing home economics.

The Home Economics Club offers annually a scholarship amounting to three hundred dollars. The scholarship is open to women students of not less than junior standing who are majoring in home economics and who have an average grade of at least "B." The girls gain valuable outside training during the raising of this scholarship fund. Prior to the Thanksgiving game a flower sale was held and orders were taken for orange and white chrysanthemums which represent the colors of the University. Members of the classes in elementary food study made candy for sale just before the Christmas holidays. In connection with the art work, they decorated attractive tin boxes to hold the candy and designed lovely Christmas cards. In addition to these activities a series of teas has been given at the University Cafeteria on Tuesday and Thursday afternoons by the members of the Club, the proceeds of which will be used to complete the scholarship fund. The Club hopes that soon in the near future it will be possible to add enough capital to the interest which is accruing to have an endowment fund.

Texas State College for Women. The management houses are working out score cards by which pupils can check their own weak points. Separate cards are being prepared for the cook, the waitress, and the general helper.

Food and nutrition posters, prepared last spring by our Home Economics Club for the use of teachers and health workers in the state, have been very much in demand. They have been scheduled from one to two months in advance. They are mailed out in a portfolio and the borrower pays the postage.

Margaret Gleason, director of the household arts department, Greta Smith and Clara Tucker of the teacher training staff attended the eighth annual conference of state directors, state supervisors, and members of teacher-training staffs in agricultural and home economics education for the southern region, at Hot Springs, Arkansas, January 16 to 24. Important committee and conference work on courses for vocational experience was a feature of the meeting.

West Texas Teachers College. The first year clothing class started the new year with each member using a budget book. The

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books are to be turned in at the end of the spring term and comparisons will be made as to the amounts spent for such items as food, clothing, and shelter.

The Home Economics Club elected officers for the winter term at the last regular meeting in December. The girls are looking forward to taking part in the spring meeting of the seventh district of the Texas State Federation of Womens clubs in Canyon.

Home Economics for Boys. A course in home economics is being given to a class of boys in the vocational high school at Victoria, with 14 enthusiastic boys taking the work entirely without any credit toward graduation. They were the outstanding boys in the school, such as leading members of football teams.

UTAH

Utah Agricultural College. The School of Economics has secured the services of Mabel Wilkerson of the New York School of Fine and Applied Arts, for the first six weeks of the second national summer school, beginning June 15th next. Miss Wilkerson will give courses in costume design and home furnishing.

Dr. E. V. McCollum of Johns Jopkins will return to the Agricultural College campus for a second series of courses in nutrition the coming summer.

The resident faculty wishes to extend a cordial invitation to all readers of the JOURNAL to visit Logan on their way to the American Home Economics Association meeting in San Francisco August 1 to 6.

Brigham Young University. The Home Economics Club is one of the most wide-awake in the school. Besides its minor parties, hikes, and luncheons, the main feature of the year was the coöperation with the Agricultural Club to produce one of the peppiest and most successful plays of the session. This was followed by a formal dancing party given at the Roberts Hotel where the Home Economics Club acted as hostesses to the Agricultural Club. Our membership this year has greatly increased over other years and the club is doing excellent work.

VERMONT

Vermont Home Economics Association With the hope of developing a homemakers section a meeting was held at the University of Vermont on March 20th during the state teachers' meeting. Mrs. Evelyn Tobey of Teachers College addressed a group of home economics teachers, extension workers, and homemakers.

University of Vermont. The Annual State Extension Conference was held on January 22, 23, and 24. Dr. Walter F. Eddy of Columbia University addressed the home economics section on "Recent Developments in Experimental Nutrition," giving the last word on "bios" as well as the results of his experimental work on the effect of canning upon vitamins, particularly in spinach and apples. There was a talk on "Art as Applied to the Home" by Elizabeth Coburn, instructor of art, and demonstrations by Alida Fairbanks of the home economics department on "Pattern Making and Draping," and by Emma Fuller, clothing and home management extension specialist, on "Putting Splint and Rush Seats into Chairs." General matters of community organization and details of planning and carrying out clothing, home management, fruit, and vegetable projects were considered.

High School Clothing Contest. The junior and senior high school home economics classes in Vermont are to enter a clothing contest at the close of this school year. The aims of the contest are: To encourage the selecting of clothing from a healthful, practical, artistic, and economical standpoint; to stimulate interest in the value of attractive dress through the selection and construction of a costume suitable for a high school girl; to teach the relation of clothing to health and efficiency; and to teach thrift through the keeping of accounts and budgeting.

VIRGINIA

Virginia Home Economics Association. The outstanding piece of work since the first of the year has been the drive for the affilia-

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tion of the home economics clubs in Virginia with the state association and through that with the national. Virginia has a unique system of home economics clubs in the high schools of the state, developed under the supervision of Mrs. Ora Hart Avery, state supervisor. In each of the state-aided schools there is a home economics club named for some living leader in home economics, who has accepted the invitation to become sponsor and who often contributes interesting information to the club meetings. The clubs hold frequent meetings and discuss many problems of home economics. All of these clubs report their activities through the state paper for home economics, the "Peptomist." As a result of the recent effort there are now affiliated twenty-five clubs, four of these in the State Teachers Colleges and William and Mary College. To each of the affiliated clubs an attractively prepared certificate of affiliation is being sent to be framed and hung in the home economics cottages or departments to which the club belongs.

The newly-elected officers of the association, under the leadership of Miss M'Ledge Moffett, president, are perfecting their organization. The Virginia Association now has a total of 81 members.

District Educational Conferences. In each educational district of the state a chairman was appointed to devise some way of bringing home economics before the district educational conference. A project worked out at Radford for the conference of District I on March 12th furnishes an interesting example of possible methods. The students of the home economics department of the local school demonstrated a project in school lunch work. A demonstration lesson was taught by a student teacher in home economics in the sixth grade room. This lesson was correlated with one on hygiene and concluded with serving lunch to the children at noon. Following this a health playlet was given by the students of the home economics clubs under the supervision of the home economics department. The entire lunch for the 300 visiting delegates was served in school lunch fashion by the students of the home economics department. Each lunch bag was properly packed and contained an attractively designed favor, stating the food values and the importance of the school lunch as an educational project. The rooms in which the lunch was served were decorated with numerous health and food posters. The correlation with the art department was also shown in black-board drawings.

WASHINGTON

State College of Washington. Belle Alger, clothing specialist, has recently prepared a bulletin entitled 'The Foundation Pattern.'

Dean Florence Harrison attended the Washington Home Economics Association meeting at Tacoma on February 14th.

The Ellen H. Richards Club, after two years of inactivity, has reorganized and as an initial event gave a party on February 28th, for the home economics students and faculty. The entertainment, 'A Short Course in Home Economics,' proved both entertaining and enlightening to the guests. The organization expects to identify itself with the state and national associations.

University of Washington. A no host dinner was given at the Commons, January 7th, in honor of Miss Cora Winchell of Teachers College, Columbia University. About ninety-five people attended including former Teachers College students. Miss Raitt, director of home economics, acted as chairman of the evening. Miss Winchell gave an interesting talk on recent developments at the college. She touched upon the importance of having home economics make its attack from the standpoint of actual homes, which vary from the desolate shacks on the barren plains to the cliff dwellings of apartment houses. She warned against the possibility of taking over into home economics subjects which rightfully belonged in other fields and could often times be more expertly taught there, and urged the value of courageous experimental teaching as a means of progress.

Professor Grace Denny gave a lecture on "Fabric Fallacies" in the course of ten public lectures arranged by the College of Science for Wednesday evenings during the winter.

Martha Koehne, assistant professor of

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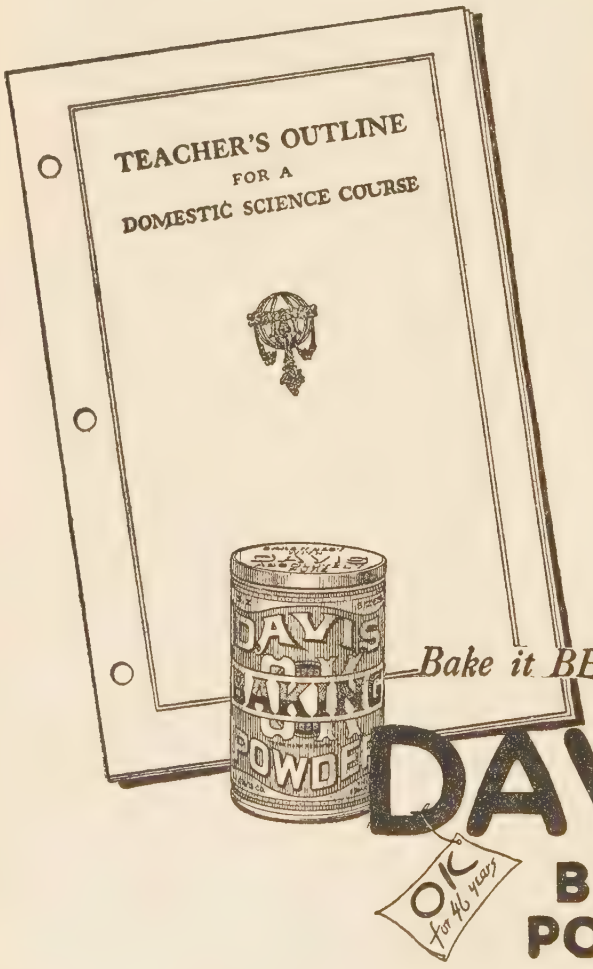

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home economics, has been granted the May Pemberton Nourse Fellowship of $1500 offered biennially by the American Association of University Women for work in public health. Miss Koehne plans to spend next year studying under Professor Mendel at Yale University.

Seattle Home Economics Club. A meeting was held at the new Olympic Hotel of which the city is so proud. An enjoyable tea was served to about forty members in one of the artistic parlors and Mrs. W. E. Barnhart, president of the Seattle Federation of Women's Clubs, was the principal speaker, telling of the aims and accomplishments of the Federation. Although the Home Economics Club had long been a member of the federation, its hours of meeting prevent its functioning more than indirectly.

WEST VIRGINIA

Domestic Science Cottage. The first cottage for the use of domestic science to be constructed in West Virginia was recently finished at Point Pleasant. It is a one-story frame construction and cost approximately $4500. The outstanding feature, perhaps, is the four unit kitchens arranged in separate and distinct groups. Each kitchen is nine by eleven feet and accommodates from four to six girls.

Clarksburg. Girls in the home economics department of the Clark District High School celebrated Mrs. Richards' birthday by giving the play "Our Friends the Foods." The ninth grade clothing class made the costumes. A sketch of Mrs. Richards' life was presented by one of the girls and excerpts from her college letters were read by another.

WISCONSIN

Wisconsin Home Economics Association. The committee which has been working on the course of study in home economics for two years has completed its first draft of the course. Mimeographed topics will be put into the hands of about fifty selected teachers who have been asked to follow the course as far as practicable and to send in criticisms and suggestions. Revisions will be made in light of these suggestions, and the revised course of study will then be distributed to all home economics teachers of the State.

Milwaukee-Downer College. During Thrift Week, Miss West, the director of the home economics department, broadcast from a station in Milwaukee, a seven minute speech on family budgets. Every student in the methods class is giving a public demonstration sometime during the year. Some of these have been given before women's clubs, some at church circles, and some in a newspaper which runs a housekeeper's or cooking school.

Stout Institute. The course known as Home and Social Economics II, or Child Study, deals with the child and the home, and the child and society or the responsibility of society for the welfare of all children. The course is open to juniors and seniors, and each student taking the course spends at least an hour a week with a real child, usually in the child's home; she plays with it, tells stories, reads, takes it out of doors, and under as varied conditions as possible makes its acquaintance and observes its individual reactions. Sometime, toward the close of the semester, the group play takes the form of a children's party—a project worked out by two or more students. In addition to this a special problem is worked out by each member of the class. It may be a behavior, health, or recreation problem in connection with the child she is studying or a problem in a related field, such as making a series of educational posters, preparing a bibliography on child care and training for parents and teachers, or selecting suitable books for children of different ages. Two students last semester made a study of children's playthings and occupational material, proposed a list for class approval, and then purchased for class use such equipment as seemed best fitted to meet present needs. As this is a teacher-training institution, for their final problem all members of the class work out an outline and one or two units of a course in child care and study for girls of high school age, specifying the type of school, as well as the type of home from

which the pupils are supposed to come. Working out such outlines gives the girls an opportunity to use a variety of suitable material; they have discovered sixteen courses at the Institute which contribute, directly or indirectly, to education for parenthood. In almost every outline there appears some mention of observing or using an individual child or baby, or groups of children, in connection with the suggested units for high school girls.

Mrs. Gertrude Hasbrouck, infant hygiene specialist from the State Board of Health, was in Menomonie late in February. At the Institute she showed her equipment and gave demonstrations or talks to the vocational education class, the sophomore practice teaching sections, and the home and social economics class. She also addressed groups and mothers in the Child Conservation League, and the local parent-teacher associations.

On January 22, Lydiamae Everett (student) and two of the clothing classes held a style show for the townspeople, students, and faculty, and displayed dresses made by the girls during the first semester. The curtain rises on the reception room of Madame Formeau's exclusive establishment where manikins displayed the latest designs. Mrs. Von Marvitz, a would-be important society leader, arrives with her two daughters, then Mrs. Meyer and Miss Smith, who also come to make selections from Madame's newest gowns. Madame herself comes in, greets her visitors with a cordial smile and many gestures. At a sign from her, soft music is heard and French maids usher in two models in sportswear, suggestive of the spring modes. Each model turns to reveal all lines of her costume, then steps down a stairway leading off the stage, and makes her way up and down the aisles, to give the audience a close-up view. When silk and wool models for afternoon, street, and evening wear have all been displayed, Madame and her pleased visitors disappear and there enters one of the models portraying Mrs. Von Marvitz, with the rest of the models close upon her heels. The curtain goes down on the laughing group in Madame Formeau's creations.

A tenth grade class in home furnishing has just completed the refurnishing and decoration of a class room designed as a model clothing laboratory for junior high school pupils. Last year a similar class renovated and refinished some discarded equipment and thus provided a charming room for the use of elementary school pupils at a minimum cost. Next year it is planned to decorate a room in the style that generous funds would make practical for a public school and to install the finest equipment available for senior high school work. Not only have the comparative costs been carefully planned but differences in materials, finishes, style of equipment, storage facilities, decorative accessories, even the reference books and magazines have been thoughtfully considered in relation to their comparative service.

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Journal of Home Economics

A SURVEY OF FOOD HABITS IN A HUNGARIAN MINING TOWN

IRMA H. GROSS

Michigan State College

The land of the Magyars is little known to the ordinary American tourist; the very name (pronounced Mud-yär) sounds strange to western ears, more accustomed to the term Hungary than to this native word. Yet because of the many Magyar-born citizens of the United States an understanding of their ways and habits would be of value in health, social, and Americanization work. Two or three studies (1, 2, 3) have included Magyar families living in America, but there is little or nothing available in English to show the dietary habits of the people from whom our later Magyar immigrants have come. In the hope of providing a little information of this kind, the writer conducted in the summer of 1923 a survey of dietary conditions among families in the Hungarian mining town of Tatabanya, where she had the help of Hungarian friends, her father acting as interpreter. The work was undertaken in partial fulfillment of the requirements of a master's degree at the University of Chicago.

It may add to the interest of the study to recall that the Magyar country is a small area in the valleys of the Danube and Theiss Rivers, and has been in the possession of that nation since they swept in during the tenth century with the third wave of Asiatic invasion. In the ten centuries of its existence, the nation has been in constant warfare, has been under Turkish, and later under German domination, and has encountered the internal difficulties of a polyglot people. In 1860 (4) the Magyars composed about half the population; since the new European boundaries were established in 1918, the total population has been reduced from nearly 22 to $7\frac{1}{2}$ millions, and the proportion of Magyars has risen to 88.4 per cent (5). The rest of the population is mainly Germans, Slovaks, Croats, Roumanians, and Serbs.

Tatabanya is a mining settlement with a population of about 20,000, situated in a wooded, hilly region northwest of Budapest and not far from the Austrian border. It is a relatively new community, and as artificially developed as Gary, Indiana. The mining company owns and controls everything. It provides the housing, fuel, medical service, schools, and amusements, and by the low prices offered at its stores it largely regulates even the food and clothing used. The picturesque native costume has entirely disappeared.

Each worker has lodging furnished him, strictly in accord with his rank in the organization. In the older sections of the town, where the present survey was conducted, the houses are built in long brick rows, one story high and two rooms deep, usually with accommodations for six or more families under one roof. A dwelling usually runs from front to back, including a kitchen and pantry and one other room, rarely a third. Curiously enough, the kitchen is never counted as a room, and such houses are spoken of as one-room dwellings. There is a tiny patch of bare ground in front and a slightly larger one behind. Water is supplied by outside hydrants, one to every three or four dwellings. The newer houses are more attractive in appearance, with larger rooms, well-ventilated attics for storing and drying clothes, good cellars with loose earth floors in certain portions for burying winter vegetables, additional porches, more privacy, better outdoor space, and outbuildings for such dooryard stock as chickens and pigs. True to continental tradition, each yard is securely fenced from its neighbors.

The company maintains a free medical service, hospital, dental clinic, swimming pools, tennis courts, clubhouse, and also schools, attendance at which is compulsory for children up to the age of twelve. For those from 12 to 16 years old there are continuation classes two or three times a week.

In 1923 certain commodities were provided by the company. Fuel, water, and a pound of soap per person per month were given free. Many articles of clothing were sold for a fraction of their ordinary market price. Similar conditions were found in regard to the food supply. Employees could purchase certain amounts of the following foods at about 1 per cent of the current price: beans, chicory, (generally used as coffee substitute), flour, lard, meat, potatoes, and sugar. Milk was given free for little children, the amount supplied to a family depending on its size and economic status. Further quantities of these foods could be bought for prices far below those prevailing elsewhere. This method of food distribution undoubtedly molds the food habits of

the community and produces exceptional uniformity, but it also reflects the dietary demands of the people.

In order to learn the nutritive value of the diets, a schedule of questions was prepared and filled in during interviews with fifty-three families selected more or less at random and presumably representing typical conditions. Some information was called for as to the housing and personnel of the families, and more regarding the kinds of foods and beverages used, and the quantities of milk, eggs, and fats. The menu for the preceding twenty-four hours was taken for each family. Special effort was made to learn about child feeding, including the prevalence of breast-feeding, the time of weaning, and kind of food and beverage given after weaning.

The average findings regarding family diet may be summarized as follows:

Cereals. Rye and wheat, coarsely milled, were in universal use. Farina and rice were commonly used. In the company's ration 50.7 per cent of the workingman's protein came from cereal.

Vegetables. Potatoes were used once a day by 64.1 per cent of the families in winter, and 58.4 per cent of the families in summer. As for legumes, all the families used beans two or three times a week, split peas were used by 56.6 per cent of the families about twice a week on the average, and lentils by 45 per cent of the families a little oftener than once a week.

Other vegetables are desired and used by the Magyars as often as they can afford them. Every family listed at least 14 kinds, including carrots, celery, root, cucumbers, green beans, green peppers, green pumpkin, lettuce, parsley, onions, sweet corn, and tomatoes. In the majority of families these vegetables were used 3 or 4 times a week both summer and winter. It is a very common practice for individual families to store root vegetables in loose earth, to dry parsley, to can tomatoes, and to pickle cucumbers and green peppers for winter usage.

Fruits. Fruits were used sparingly in the summer, a little oftener than an average use of 3 times a week. No fresh fruit was used at all in the winter, but this was a question of expense, not desire. Fruit butter was the only common form of preserved fruit. Plum butter was made by 95.2 per cent of the families and butter from the wild rose-apple by 90.5 per cent of the families.

Nuts. Nuts were used chiefly in occasional desserts.

Milk. Both sweet and sour cow's milk and goat's milk were commonly used, but in small quantities. In the case of adults and children alike

the average consumption is 0.9 cup per person per day. This figure is misleading as it assumes an even distribution among all members of the family. Only 4.5 per cent of the 206 children were drinking 1 pint of milk per day, and only 1.4 per cent of them 1 quart of milk per day.

Meat. In winter meat was used about three times a week, and slightly less in the summer. All kinds of meat, including goat's meat, are enjoyed.

Eggs. The use of eggs was very limited, the average being 1.8 eggs per person per week for all the families, and 2.6 eggs per person per week for the 27 families keeping chickens.

Cheese. The only kind used, cottage cheese, is served in small quantitites in desserts on an average of once per week.

Fats. Butter being scarce and expensive, lard and smoked pork fat, (like bacon but eaten raw) are the chief sources of fat in the diet. The average consumption of lard per person per week was 8.7 ounces.

Beverages. This group of Magyars drank water at meals. All of the families used coffee (substitute largely), and 62.2 per cent used tea. Wine was used in 67.9 per cent of the families, beer in 43.3 per cent, and whiskey only in 7.5 per cent. The children universally shared the coffee, and generally the tea; but in some cases they were not given the alcoholic liquors.

Candy. This was decidedly a luxury; one-third of the families never had it, and the average use was 3 times per month.

Nutritive value of diet. Figures are not available to show the protein and energy supplied by the total diets. Those for the special rations provided by the company have, however, been calculated. They show that the worker, who receives a double meat allowance, obtains from this ration 61.1 grams of protein and 1806 calories of energy, and the non-worker 51.5 grams of protein and 1165 calories of energy. In other words, the rations assured to the worker energy equal to about half his theoretical requirement and protein equal to four-fifths of the requirement; the non-worker, often a child, is assured of a large proportion of the required energy, and, if we disregard the character of the protein, perhaps all the required protein. The principal foods used in supplement to the ration are vegetables other than potatoes and beans and some milk.

Typical menus. The daily meals consisted of breakfast, noon dinner, supper, and lunches at 10.00 a.m., and 4 p.m. In the poorer homes one or both lunches were omitted. The menus on page 319 are typical:

Child feeding. Eighty-three per cent of the women reported that they followed breast feeding only for their infants. The average age

MENU OF VERY POOR FAMILY	MENU OF FAMILY IN MODERATE CIRCUMSTANCES
Breakfast	*Breakfast*
Bread Fat (raw smoked)	Bread Coffee
	10.00 a.m.
	Milk Bread
	Fat
Dinner	*Dinner*
Bean Soup Bread	Noodle Soup
Pastry	Meat Stewed Kohlrabi
	Bread
	4.00 p.m.
	Coffee Bread
Supper	*Supper*
Bread Stewed Potatoes	Eggs Bread
	Fat

of weaning was 10.9 months and the child began to share the family diet at 10 months. Unless weaned before the sixth month, it began to eat the same foods as the rest of the family at, or ever before, weaning.

Facts on artificial feeding and later diet were kindly supplied by one of the company's medical staff, Dr. Eduard Pasto. The first direction to the uneducated mother of a tiny baby is to give 2/3 very weak tea with 1/3 boiled milk. The tea is used because by no other device can the doctor be sure that the water is boiled. The following mixture is recommended for use every three hours: 4 tablespoons milk, 8 tablespoons weak tea, and two cubes of sugar or less. Every two weeks the formula is changed, taking away 1 tablespoon of tea and adding 1 tablespoon of milk. Later changes are as follows: At 3–4 months, pure milk; at 5–6 months, vegetable puree, spinach, carrots, etc., meat broth, zwieback; at 9–10 months, white meat of chicken, rice cooked in milk; at 18 months, fruit juice; after second year, fruit.

Comparison with other accounts of Hungarian diet. The literature on Hungarian diet available in English in very limited. The ordinary descriptive book on Hungary omits discussion of the diet, or casually mentions the poor tea, the excellent Tokay wine, or the celebrated "gulyas," now anglicized into goulash.

In the Gary, Indiana, study of pre-school children (1), the diet of the Magyar children is said to be comparable to that of the German children, and the German slightly less adequate than that of the native whites. The small amount of eggs, fruit, and milk, and the liking for vegetables there reported are very comparable to those noted in Tatabanya. The substitution of chicory for coffee in the Hungarian diet at the present time is of great advantage in the nutrition of the children, though unques-

tionably the average Hungarian mother does not realize that fact. Hence the fact that all the Tatabanya families used coffee, i.e. largely coffee substitute, represents a very different condition from that in Gary, Indiana, where 92.8 per cent used tea and coffee, and this even when it is granted that 62.2 per cent of the Tatabanya families used tea occasionally. It is difficult to make a comparison of the meat consumption because the Gary study did not include the every second day usage which I found so prevalent. If 74.9 per cent really use meat every day, that percentage represents a decided change in dietary habit, which is generally supposed to occur when the immigrant used to eating little meat strikes a land where it is comparatively cheap and considered very desirable.

The only specific discussion of Magyar diet in English seems to be that by Bertha M. Wood in "Foods of the Foreign Born" (2). The Tatabanya findings agree in general with hers except on the subject of alcoholic beverages. She says that liquor is always taken in the home at meals, and often the wines served are homemade, and that whiskey is included in every meal of the peasant dietary.

Conclusions. A large number of foods of the Magyar-born are adapted to their needs and most of these foods are obtainable in this country. It may also be added that the people seem open-minded in their attitude toward food, and enjoy a considerable variety. The family diets are probably sufficient in energy, protein, iron, vitamins B and C, and cellulose. The protein seems near the lower limit of safety, however, and is largely from the less satisfactory sources. Liberal use of coarse breads and fairly liberal supplies of vegetables are to be commended. While vegetables do not occur in the menu as often as might seem desirable, the quantity of vegetables consumed at any one time is probably considerable. The servings are very liberal, since only a few foods are eaten at one time. Less commendable is the scanty use of milk, eggs, and fruits, which may mean calcium and phosphorus deficiencies as well as lack of vitamin A. Economic pressure seems the sole reason of such limited use of milk, eggs, and summer fruits. In the winter there is the additional difficulty of actual lack of fruit on the market.

The breast feeding reported by 83 per cent of the mothers should mean a healthy start in life for the Magyar baby. The artificial feeding of young babies under the doctor's care seems similar in principle to our American method, that is, gradual introduction of easily digested foods with reliance on milk. The feeding of the normal child after weaning is, however, unsatisfactory from the American point of view. There is

great need for the careful feeding of the breast-fed child from the end of the first year up to the seventh or eighth year. Too little milk is used throughout childhood.

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SUGGESTIONS FOR TEACHING HOME DECORATION IN SECONDARY SCHOOLS

ALICE AND BETTINA JACKSON

Vocational School, Madison, Wisconsin

Home decoration presents unusual problems, many of which must be worked out according to local conditions. Perhaps some of the solutions found for the work at the Vocational School at Madson, Wisconsin, will be suggestive to teachers elsewhere. One new idea usually brings a train of others in its wake, and an interesting phase of the work is finding new and original means of illustrating the questions that constantly arise—for example, the combining of materials for a decorative scheme; the cutting, making, and hanging of window draperies; the selection and arrangement of furniture; or the adaptation of designs for furniture decoration.

Among the special difficulties that confront us are the personnel of the students, the fact that classes are held at night, and the lack of lantern slides for illustrative purposes. Our students vary in age from sixteen to sixty, and represent the widest range of interests and occupations, including nurses, stenographers, saleswomen, teachers, university graduates, high-school girls, homemakers of long standing, and fiancées about to become homemakers. The thing that welds such a miscellaneous group together and makes it a pleasure to teach them is woman's natural and fundamental love for homemaking, the instinct that first manifests itself in doll-days and never dies.

The effect of artificial light on colors and the necessary limitations as to time oblige us to use colored papers instead of paints when demonstrating color theory, but we none-the-less achieve very satisfactory results; and even the small proportion of the classes who have previously had color study in some form invariably tell us they never before found color so interesting. We use the little books of graduated colors put up by the Milton Bradley Company and the Abbott Company. With them the students make excellent charts to illustrate their notes on the fundamentals of color, the spectrum, value and intensity scales, and color harmonies, and they work at them with the zest of kindergarten babes.

The lack of lantern slides for illustrative purposes we have met by mounting on light-weight cardboard quantities of pictures from magazines, advertising booklets, catalogs—anything, in fact, that is good enough to warrant its use. At first we used manila board cut into 8 x 10 inch cards, but this proved too expensive. We found that the camera or picture-framing shops will willingly give us all the unusued mounts of photographs brought to them for framing; with a cutting board we can trim these to the proper size, and in color they are far more desirable than the manila board. We pass the pictures about during the lectures and afterwards we discuss them, bringing out important points and comparing the different ones. We collect our pictures from all sorts of sources. The home magazines, such as *House and Garden*, *Country Life*, *House Beautiful*, and *Garden Magazine* furnish innumerable illustrations of interiors, furniture, draperies, and other house furnishings. The art magazines, like the *International Studio* or *Arts and Decoration*, supply excellent colored prints, illustrations of really good ornaments, artistic furniture, examples of the various schools of painting or design and of beautiful fabrics. Furniture catalogs yield an unfailing supply of pictures, and all kinds of advertising material give suggestions for color and design, wall and floor coverings, fabrics and their uses, wood finishes, the framing and hanging of pictures, and all accessory furnishings. Our experience with a ten-year file of a magazine which specialized on furniture and house furnishings shows how good material can be put to use. We had always kept the magazines intact, until we realized that they were little more than "dead stuff;" then we went through the whole series, filed all good articles relative to house decoration, mounted everything which was suitable for class use, and so brought every bit of useful material into immediate service. Everything of this sort that comes into the house we now utilize at once. Our mounted pictures number several thousand, each labelled, stamped on

the back with our name, and properly filed. The students are encouraged to gather illustrations for their notebooks.

For the lectures on color and design we have made large charts, using colored papers and advertising paints; these show color scales, value and intensity scales, classic motifs such as the Greek fret and anthemion with which everyone should be familiar and which are constantly referred to as the work progresses. From the first we try to show the connection between illustrations on the charts and the actual objects used in house furnishings. We translate the colored discs into pieces of drapery, upholstery, wall paper, or floor covering hung up alongside and point out the bands of ornament on furniture, pottery, silver ware, and china. We apply the theory to the actual selection and combination of all the fabrics that go to make up a workable decorative color scheme for the various rooms in a home by hanging on the boards strips of wall paper, pieces of carpet, drapery fabrics, and upholstery.

The drawing of elevations to illustrate decorative schemes is not feasible in our work, but we soon start the class working out decorative schemes on sheets of heavy paper, notebook size. An attractive picture of a bedroom, living-room, or dining-room is used as the starting point and is pasted near the top of the sheet; below are samples of wall paper, suggestions for the color of the floor covering, pieces of cretonne for casement and upholstery material with touches of accessory color. This part of the work invariably meets with enthusiasm and many ask permission to work out more than the required number of schemes. To help those who are living away from home or who have no time to look up illustrative material, we have boxes of all sorts of catalogs and odds and ends of fabrics from which they make a selection.

The most important thing in teaching home decoration is to find or invent some way of illustrating concretely the points discussed, because most people do not visualize readily, and mere words are apt to leave vague impressions or perhaps not "register" at all. Resourcefulness is indispensable. If a school cannot afford to buy illustrative material one can still work up equipment from various sources. Merchants will contribute discontinued sample books of wall paper or fabrics, sample lengths of goods, cuttings of linoleum and carpet, or will allow an appreciable discount on new goods, especially as this often leads to orders from members of the classes. Friends will also help fill the scrap box with bits of cretonne, silk, and marquisette, or give their old magazines.

Equipment is twice as valuable if it is readily accessible. The mounts and samples and other illustrative material should be kept in regular

filing cases if possible, otherwise in large stout manila envelopes filed in a box. The more quickly and easily you can get at any given illustrative material the better for yourself and your class.

Illustrated note-books are an important part of the class-work because they force the student to apply the principles to a specific problem; they should be kept regularly and handed in for inspection before the close of the term. The indubitable proof of a teacher's success is found in good attendance and attractive notebooks. Many students go on adding to their books, which in time become valuable sources of reference in decorating their own homes or in teaching the art of home decorations.

A PROGRAM FOR NUTRITION IN COOPERATIVE EXTENSION WORK

FLORENCE E. WARD

U. S. Department of Agriculture

No extension project has finer accomplishments to its credit in the Eastern Division of Cooperative Extension Work than that dealing with the subject of human nutrition. The present superior status of this work can clearly be traced to opportunities given for counsel among workers with the pooling of experience and ideas. The first extension conference of nutrition workers ever held was in 1921 at Ithaca, New York. Plans of work, organization, and methods then worked out have since been reflected in the activities of every state. Further developments resulted from the coming together in 1923 of somewhat the same group of workers at Kingston, Rhode Island. The third mile-stone was reached at a regional conference of unusual significance recently held in New York City which brought together groups of extension specialists in three major extension projects—nutrition, crops, and dairying. About one hundred men and women, specialists, supervisors, and administrative officers, representing twelve Eastern States and the U. S. Department of Agriculture, were present for the three-day session. Little attempt was made to consider broad phases of subject matter, but concentrated attention was given to the outstanding conditions in these fields affecting the states in question, with the consideration of extension organization and methods most effective for improving these conditions.

Flora M. Thurston, leader of the extension project in nutrition for the state of New York, was chairman of the nutrition section of the conference, assisted throughout by Miriam Birdseye, of the U. S. Department of Agriculture and these committee chairmen: Madge Bogart, policies and programs; Jessie Campbell, nutrition of mother and pre-school child; Mildred L. Wood, feeding of children of school age; Marjorie Luce, growth work in boys and girls clubs. Every session meant progress and the last hour saw the acceptance of reports which will give future guidance to all concerned.

A digest of the address presented by Miss Thurston at the first general session of the conference is here given because it expresses so well the keynote of the discussions which followed.

The average person is not convinced that food has much to do with the structure of an individual or with his vigor. Few people have ever been faced with the fact that poor food is more responsible than any other one factor for good or poor skeletons and teeth, for firm or flabby flesh, pale or rosy color, weak or strong muscles, and resistance to disease.

We are not generally aware of the fact that we are making a huge demonstration of the effect of poor feeding on human beings and that many of our physical deficiencies and ills have their foundations in faulty food. Few of us have ever admitted that difficulties in bearing and rearing children dated back perhaps several generations and disclosed a lack of surplus strength and reserve material which was becoming more marked with each generation.

We have believed heartily in curative medicine and have devoted the most skilled scientific effort to the curing of the sick. We have demonstrated our belief in preventive medicine by appropriating huge sums for the protection of water supplies, vaccination, isolation, sanitation, and inoculation, all of which are invaluable to human welfare. But strangely enough we are barely aware of the force which makes for constructive health. Prevention and cure can never make a weak body strong. The only way to have strength is to build it out of stuff that is strong.

A nutrition program is a program of construction. It is a program of conservation. It takes a long look ahead. It stands for the expenditure of money and effort for food that builds well, not only for this but for future generations. It has set for itself the task of convincing every parent and child that intelligent food habits are a social obligation and that every person is morally responsible for his own well-being.

The aim of the nutrition project is to make good our deficiencies and progress to a state of abundant vitality. In order to do this the entire family must take part in the program. The hope of an intelligent attitude on the part of the public lies in the leaders themselves. Only a person who is convinced of the fundamental importance of optimal nutrition can be the center of an influence

that is convincing. If each extension worker were an out-and-out advocate and example of wholesome food habits, the extension battle for better nutrition would be half won.

The next step is to know the situation from the standpoint of the physical status of the people, the relationship of their health to their economic and social condition and the educational forces at work to improve the situation. There must be a definite selling plan and a means of spreading attitudes and information throughout the group that will eventually bring about a new nutritional order.

The education of the people and the development of progressive leadership is an essential part of the scheme. It is inherent in the idea of the extension service and should be systematically developed to the point where the local people become increasingly able to meet their problems independently.

The extension worker is responsible for setting the goal, for making the picture of the results to be obtained vivid and the way to get them clear. On the specialist rests the obligation to train the forces at work and to see the thing through.

The report of the committee on program stated the aims of the nutrition project as follows:

1. To develop points of view, practices, and community institutions that shall play their part in the building of a physically efficient rural population.
2. To increase earning power and prevent loss of time and money through building positive health and decreasing minor ailments and chronic disease.
3. To bring about a more intelligent and economical expenditure for food through a better understanding of body needs and food values.
4. To promote better living at smaller cost by producing as much of the family food supply as is economically feasible for the given locality.

Recommendations made by this committee included the formation of a permanent nutrition program in each state of the region, based on the available data regarding the nutritive condition of the population, their food habits, and the food supply; cooperation of federal, state, and county extension workers to insure an effective organization; development of the junior growth work as a contribution to the nutrition project.

The committee on nutrition of the mother and the pre-school child recommended a suggestive outline as the basis of a unified project throughout the Eastern Division of states, to be carried on only in carefully selected communities where the work could be closely supervised. The committee on the feeding of children of school age brought out in its report the need for showing the people of the various communities the necessity for normal physical development and the relation that nutri-

tion has to this development; also for stimulating a desire for physical perfection among the children themselves.

Some phase of growth work for every club activity was advocated, to be specially featured in such characteristic club activities as exhibits, team demonstrations, achievement days, camps, and contests.

Cooperation with other agencies. Daisy Williamson, of New Hampshire, showed in an interesting way how workers in her state cooperate with organizations outside of the extension service, including the Board of Health, Board of Education, Parent-Teachers association, Board of Charities, Red Cross, Tuberculosis Association. Nurses' Association, Federation of Women's Clubs, Grange, Medical Association, Fair Association, Horticultural Society, and the press. The outlines of two of these cooperative schemes are here cited:

1. *State Board of Health.* We have our nutrition program O.K.'d by the Board; report prenatal, post-natal, and pre-school cases needing attention; arrange for supervising nurse to meet rural groups for instruction.

They attend to cases reported; make contacts in rural sections; send their nurses for special nursing instruction to rural groups; make available through bulletins, specially prepared information on health and diet of cases above mentioned.

2. *Fair Association.* We revise premium lists (8 in last two years); meet Granges and other community groups to give instruction in improvement in the quality of their fairs; they ask extension workers to judge at nearly all state, county, and community fairs, and call upon us for advice and assistance in raising standards of home exhibits.

Cooperation with the American Child Health Association. An interesting supplementary feature of the conference was an extra one-day session of nutrition workers, made possible through the cooperation of the American Child Health Association. Dr. Hugh Chaplin, pediatrician and chairman of the New York Nutrition Council, arranged a demonstration at Lincoln School, Teachers College. Selected children were used to illustrate the points of good development and normal growth. Also through the courtesy of the Association, nutrition workers met with Harriet Wilde, a leading posture specialist, for a posture conference illustrated by fourteen subjects, ranging in age from 3 years to maturity. Miss Wilde called attention to the fact that faulty posture may account for some malnutrition and for many physical defects, most of which can be corrected by suitable exercises.

Many people fail to recognize physical imperfections in themselves

or their children through lack of a standard of comparison. A mental picture of a well developed child cannot fail to help parents recognize deviations that come about through faulty feeding; lack of sleep, rest, air, exercise; poor posture in sitting, standing, and sleeping.

A most interesting and profitable morning was spent with Dr. Chaplin as he discussed and illustrated with subjects ranging from infants in arms to high school atheletes, the outward manifestations of good growth and nutrition. He said:

> A well built body shows the following points: Strong, even teeth, closing well, no cavities; eyes clear and bright, no puffiness under eyes; clear skin; good color in cheeks, lips, eyelids, and ear lobes; even shoulders and flat shoulder blades; deep, broad chest; straight back; flat abdomen; firm muscles and sufficient, firm subcutaneous tissue; straight legs; normal size of knees and ankles; strong foot arches; antero-posterior foot position; good posture.—A body in good running order is indicated by: Alert expression; unobstructed breathing; clear, red tongue; steady nerves, no restlessness, i.e., repose; cheerfull disposition; good muscular coördination; no distress on ordinary exertion; proper weight for height, age, and type.

It was the consensus of opinion at the conference that bodily development and health conforming to standards set up by Dr. Chaplin are the greatest possible assets, not only for happiness on the farm, but for efficiency and success in the farming business; that these may be obtained in large measure through good food habits within the reach of the average farm family; that food prejudices need to be overcome and farming people enabled to judge for themselves how far they fall short of ideal physical attainment, with emphasis placed not only on living to a good old age, but of maintaining a physical condition which insures the maximum working efficiency, a feeling of well-being, and a cheerful outlook along the way.

The conference closed with a motion to the effect that the nutrition specialist group should be permitted to meet again, in a year if possible, for a united consideration of the work under way, and further that the group be invited to meet in Washington because of the special advantages here in the matter of equipment and reference and source material.

THE CONSUMER TESTIFIES

CAROLINE B. SHERMAN

U. S. Department of Agriculture

For many decades agricultural workers concentrated their attention upon the farms, the farmers, and the question of supply. One decade ago the center of attention shifted toward the markets, the middlemen, and the processes of marketing. Now a new development is discernible, and at least a few of the agricultural leaders are directing their attention to the homes, the consumers, and the question of demand. They are realizing that specific knowledge of demand is as necessary as specific knowledge of supply if we are to have a wholly successful agriculture.

Investigations of factors affecting consumer demand for certain farm products, conducted by the Federal Department of Agriculture, are now yielding concrete results. In these studies a leaf has been taken out of the advertising man's book, where the art of surveying the prospective market for a product is highly developed. Before a manufacturer engages in any activity he must know that there is a demand for the product he has to sell or he must create such a demand. So should the farmer be sure of demand before he plants.

These consumer-demand analyses are designed to bring out factors and characteristics which affect and control buying habits of families in regard to a given product, how they use the product, and their wishes concerning it. Intelligent and efficient selling campaigns can be planned only when accurate and reliable information is available regarding the markets to be reached. Consumers are the ones upon whom the producer and the distributor are dependent for the sale of their product, so it is only wise that the consumer be consulted and her point of view and advice obtained before mapping out plans for campaigns which ultimately are to be carried to her. One of the most successful of the large coöperative marketing associations attributes its success largely to the fact that it holds always to the maxim that the consumer is king.

The work is conducted through questionnaire surveys gathered by trained field workers. These workers secure from the housewife, in a house-to-house canvass, her buying and using experience in connection with whatever commodity is being studied. The questionnaire form is drawn up before the study begins, and is tested thoroughly before it is used. But in the canvass it is not merely a question of getting answers

to a specific list of questions, but of getting the right answers. Perhaps the answers are not exactly a collection of facts, but if the consumer believes a thing is true and acts upon it, for her it is a fact. The fact may be questioned, but the object is to find what is in the mind of the consumer. These questionnaires then form the basis for statistical analysis. Average consumption, methods of buying, family perferences, use of substitutes and reasons for buying are analyzed and are checked against the statistics of the distribution of the products in the given locality, to determine the importance of various influences.

Those who are directing these Federal studies have found that the best results are secured when the house-to-house canvasser is a woman. Housekeepers talk to her more freely than to a man and are more willing to continue their work while talking to her. State workers who conducted similar studies in Philadelphia and Pittsburgh say they did not find this to be true but concede that the Federal experience has been much wider.

The studies are made on the basis of economic groups (the well-to-do, the middle class, and the poor class of families) and on the basis of nationality groups (Polish, Italian, and colored, for instance) wherever nationalities are represented in sufficient numbers to permit such study and analysis. Approximately fifty families seem to constitute a satisfactory group. Each type of family which exists in sufficiently large numbers to affect the sales of a commodity in that city is surveyed, and selections are made in various sections of the city.

The first work was done in connection with raisin advertising, because a rather accurate record of efforts to increase the consumption of raisins and of advertising expenditure was available for comparison. One of the practical results of this preliminary study was the fact that the raisin campaign returned to its old slogan, recently abandoned, regarding today's supply of iron, because these studies showed the health appeal to be the strong one among consumers. As this affects the expenditure of about a half-million dollars of advertising money and as marketing studies seem to show that the time and money spent on advertising is a legitimate marketing cost, ultimately shared by all parties to the transaction, these studies would seem to be justified if they did no more than aid in the wise direction of advertising and as a basis for other educational campaigns.

There is no use wasting money on advertising that does not really reach the consumers, and to be effective food advertising must be directed, not to the public at large, but to particular types of individuals. Advertis-

ing to-day must be helpful to the consumer as well as to the sellers. Advertising that attempts to push the sale of a product without regard to the family and the public benefit in the long run is likely to be wasted money.

Two of the largest studies have related to the use of milk in Boston and in Philadelphia. One of the interesting things revealed is that about one-half of the adults who drank milk were reported to do so solely because they liked it. This may seem natural, but the milk campaign for that city had been built on the health issue. The returns indicated that only about one-fourth of the adult users drank it because of its food and health value. Use among children, however, was dictated largely by considerations of health.

Questions in the Boston study relating to the place of milk in the family diet brought 141 answers indicating that fresh vegetables and meat are considered the foods of greatest importance, with bread next and milk fourth. In Philadelphia, fresh vegetables stood first, meat second, and milk third. These replies were disappointing to the dairymen and perhaps to many others. Fresh vegetables seem to have forged ahead recently in the estimation of housekeepers.

The effect of consumers' habits upon the market for meat is the subject of the most extensive consumer demand study yet made by the Department of Agriculture. Some of the results were interesting. In the survey the first question was: "What is your favorite meat?" In the replies to 1,014 questionnaires, beef was rated first in three out of every five families in every group; pork was the second choice among the poor families; and lamb was the second choice among the well-to-do families. Veal generally was not liked except in the Italian families who indicated that veal was nearly as important to them as beef. Pork was generally favored by colored families.

As a substitute for meat, fish led the list, but only by a few points. Next in importance came eggs and vegetables, with macaroni fourth.

It was shown that housekeepers do not change butchers often. Nearly one out of every three housewives in the native white American group had patronized their present meat dealers for six years or more. Housekeepers were shown to be generally uninformed regarding the various cuts of meat. Most of the housewives could recognize only two or three steaks and one or two roasts.

Preliminary studies were made in regard to raisins in Boston, Washington, Louisville, Denver, Minneapolis, Des Moines, and Cleveland; and of citrus fruits in Boston and Washington. During these studies

the method was matured and tested. Then studies were made of milk in Boston, Philadelphia and Minneapolis; and of meat in New Haven, Binghamton, Baltimore, Washington, and Jacksonville. Before the meat study is completed it is hoped to include 12 or 15 cities.

Interest in the studies is becoming widespread. Coöperative growers' and marketing associations, state and city departments of markets, advertising agencies and various city boards are encouraging the studies and making use of the results, and recent reports show that home economic workers are coming into these groups. At the last meeting of the National Association of State Marketing Officials considerable time was given to the subject. One official stated that sooner or later the consumer is going to demand the extension of such work. Another declared that the next need in his state is for consumer information and consumer education. They have been studying supply and educating farmers for many years, he said, and really feel the need now of learning more about consumers and they believe that they need to teach consumers more about when to buy, how to buy, and what they are buying. Surveys would reveal the details of this need and indicate the form that educational work should take.

Although it was pointed out that these studies of consumer demand are relatively inexpensive, it was also pointed out that the extent of the field is vast and the number of commodities is great. One investigator stated that his office is interested in seeing the Departments of Home Economics of the colleges come in to the work not only to hasten results but particularly because of the technical knowledge of food values that they would bring to the work.

LIST OF MIMEOGRAPHED PRELIMINARY REPORTS

Issued by the Bureau of Agricultural Economics, U. S. Department of Agriculture

Adams, L. A., and Smith, G. C. Consumer Demand for Milk in Philadelphia. 1924.

Berst, K. H., Heusner, W. W., and Tasker, G. W. Factors Influencing the Demand for Farm Products. Questionnaire Method of Showing Some of the Influences Affecting Consumer Demand for Cranberries in Washington. 1924.

Davis, W. C., Gardner, K. B., and Adams, L. A. Influence of Methods and Costs of Retailing Consumer Habits upon the Market for Meat. 1924.

EDITORIAL

Home Economics at the N. E. A. Home Economics will be represented by two sectional programs during the annual meeting of the National Educational Association in Indianapolis, June 28 to July 4. At the invitation of the N. E. A., the program of these sessions has been arranged by a committee of the American Home Economics Association, of which Anna M. Cooley of Teachers College, Columbia University is chairman. At the first home economics meeting on Tuesday, June 30, at 2 p.m., Emeline Whitcomb, of the U. S. Bureau of Education, will preside. The general subject will be: "What does home economics contribute to the purposes of junior and senior high school education?", and the speakers announced are Francis G. Blair, Illinois state superintendent of public instruction, and Annie Robertson, research associate at Teachers College, Columbia University. At the second session, held at 2 p.m. Thursday, July 2, Adah Hess of Illinois will preside, and the speakers will be Mrs. Kate Kinyon of Denver, Frances Kelley of Minneapolis, and Emeline Whitcomb.

The California Program. Any reader who happens to have looked over the program of the eighteenth annual meeting on pages 341 to 351 before she reaches this part of the JOURNAL needs no further inducements to do her utmost to be in San Francisco August 1 to 6. Like a well-planned meal, the feast prepared is varied, appetizing, and nutritious, with a due proportion of less intellectually concentrated diversion mixed in with the information and the business relied on to yield a large store of professional energy. The body-building requirements of different sections are completely met by the varied assortment of informational amino-acids and the instructive mineral content of the subjects served at the round tables. Without attempting to say how many crosses should be used to indicate the relative value of different papers in promoting intellectual growth, preventing mental rickets, or arresting certain defects of professional vision, we assert confidently that the little known but indispensible accessories of the home economics diet are duly represented in the program. Above all, there is abundant provision for the fruits of knowledge and that best of foods, the milk of human kindness.

The Pacific Northwest. Beautiful as California is, it is not the only possibility of a vacation trip to San Francisco, and our friends further north urge us not to forget the playgrounds of their "Wonderland of America," with its snow capped mountains, its progressive cities, its excellent hotels, and its sports of all kinds from surf bathing to tobogganing. In the Puget Sound country the thermometer rarely rises above 80°F. and every day brings perfect vacation weather. There are fine roads for motoring up and down the coast and leading back into the mountains. The University of Washington in the city of Seattle occupies one of the most wonderful sites of any educational institution in the world. July 27 to August 1 is "Wayfarer Week," when the great Biblical pageant is given in the stadium. A visit to the waterfront of the city suggests the many delightful boat trips between which to choose, among them one through the government locks, next in size to those of Panama.

Mount Rainier, the highest snow capped peak in the United States, is within a few hours ride by auto from Seattle or Tacoma. The more active may take advantage of the opportunity to climb the mountain, others will enjoy the thrill of a horseback ride over the Skyline Trail, or the "nature coasting." The less strenuous will find pleasure in the short walks from the Inn to the glaciers, the meadows aglow with wild flowers, the great cascades, and beautiful waterfalls. Complete mountaineering outfits may be rented at the hotel.

If you have two weeks to spare you may be tempted to engage passage from Seattle to Alaska on one of the fine steamers, the shortest of their trips being the one to southeastern Alaska, which takes ten to twelve days and includes a visit to the wonderful Taku Glacier.

With less time at your disposal you may elect to "follow the birds to Victoria" on beautiful Vancouver Island. A three or four days' auto trip about the island with stops at the quaint English inns gives the feeling of having had a trip abroad.

For definite information regarding hotels and side trips apply to "Where-to-go," 414 University Street, Seattle, or "Ask Mr. Foster," 1311 Fourth Avenue, Seattle, or the Chamber of Commerce in any northwestern city. And don't forget that with no additional expense one may plan a route by the gateways of Yellowstone or Glacier National Parks. Either of these parks alone is well worth a trip to the West. Information on routes, rates, and literature has appeared in the March issue, page 163; April, page 247; and May, page 289.

Progress in the Metric System. The adoption of the metric system continues to spread in other parts of the world despite the slowness of the United States and the British Commonwealths to fall in line. According to the All-American Standards Committee, all countries to the south of us are on the metric basis and the recent Pan-American Standardization Conference in Peru, at which the United States was officially represented, resolved "That the units of weights and measures in the various countries tend toward the decimal metric system." All of continental Europe has officially adopted the system and its use is spreading in Asia. In Siam and Persia it has been officially recognized for some time. The treaty between Japan and the Soviet Republics is said to direct attention to the recent adoption of the metric system by both countries as the world standard, and the Japanese government has staged demonstrations of the new units as part of a nation-wide educational campaign with such success that progress is reported as rapid and without friction.

Even in the United States the movement is growing. At first sight the change seems rather formidable, and there is a natural reluctance on the part of business to scrap its old practices and equipment for new ones, especially before it realizes the saving which will come in the end. More and more manufacturers and dealers, however, are realizing this, especially those familiar with international trade and the difficulties involved in working with two standards. For example, the National Wholesale Grocers Association and the National Retail Grocers Association are members of the Metric Association both have committees at work to secure metric standardization, and the practice is increasing of stating the contents of canned goods in both grams and ounces.

Home Economics and the Metric System. A common argument against the change to the standard metric system is that it will make hopeless confusion in home practice. Of course, it is a bother suddenly to change from one set of household measures to another, as any American who has lived under the metric system will testify. But he will also testify that liter, meter, and half kilo are not so different from quart, yard, and pound as to give serious trouble. Elderly European housekeepers, if they remember the change that took place in their youth, will probably agree that it did not last very long. And what child, brought up on a standardized system, would peacefully submit to the bewilderment of dry and liquid quarts, apothecary, avoirdupois, and troy ounces?

When it comes to teaching or research in home economics, practically all of us struggle with the confusion of two systems of measures in one piece of work, be it calculating food values, determining the qualities of textile fibres, or comparing the heating power of different fuels. We welcome the action of the American Chemical Society, whose committee has brought it about that three hundred colleges in this unstandardized country now buy chemicals only in metric packages. Such progress suggests that possibly the time is near when the American Home Economics Association should consider whether or not it wishes to take a more active part in obtaining American adoption of the standardized system of measures now used by practically all except the English-speaking world. Any home economist who wishes to inform herself on the subject should write to the Metric Association, 156 Fifth Avenue, New York.

Changed Addresses. Every summer many copies of the JOURNAL go astray because subscribers are not at their regular addresses, and in the autumn still more meet this fate because those who have moved have not arranged for such mail to follow them. To keep their files unbroken, and to save the JOURNAL the expense of arranging for return postage on undelivered copies, subscribers who are changing their addresses are urged to attend to the matter at once. If they wish their mailing address changed on the JOURNAL lists, they should send word well in advance to 1211 Cathedral Street, Baltimore, Maryland. If they wish the summer numbers held at the post office or delivered elsewhere, they should give the postmaster full written instructions. Under the new rates, postage for returning the May JOURNAL was 8 cents a copy.

OPEN FORUM

Studies in Cake Making. Earlier experiments in making plain butter cake[1] indicated that the two factors of outstanding importance in obtaining a desirable texture are the amount of sugar used and the time and energy spent in beating the batter. It was also observed that plain cakes in which the ingredients were all put together and beaten at once had a texture equal to that obtained by the usual laborious process.

This earlier work was done with a so-called pastry flour, but one presumably of stronger gluten than a standard pastry flour made of soft wheat. When recently the author attempted to use the same method with standard pastry flour made from California soft wheat, the cakes produced were heavy or close in texture at the bottom and sides of the loaf and very loose just below the middle of the upper crust. A series of experiments was therefore begun to see how variations in sugar content and methods of beating effected the quality of cakes made with such flour. The work on the effects of sugar and studies of the physical changes occurring during the beating process is not yet complete, but some of the points already observed may be worth briefly noting here.

The recipe, the same as that used in the previous work, was as follows:

RECIPE

Milk	1 cup	Pastry flour	3 cups
Butter	½ cup	Baking powder	4 teaspoons
Sugar	1½ cups	Flavoring	1 teaspoons
Eggs	2	Salt	¼ teaspoons

Instead of baking the batter in six muffin tins as in the earlier work, it was baked in four small cake tins. Otherwise there was no change in general method.

As in the previous experiments, the quick method of mixing the batter produced a cake of as good texture as the usual, more elaborate process, in certain cases slightly better.

The best texture was obtained by beating for two minutes all ingredients except the baking powder and one cup of flour, adding these sifted together, and beating for one minute more. Cakes in which the beating

[1] JOURNAL OF HOME ECONOMICS, 1918, 10: 542.

was carried on for three, four, or five minutes fell and had the appearance of containing increased fat. When, however, only one-fourth of the flour ($\frac{3}{4}$ cup) was held for sifting with the baking powder, the cake did not fall, though there was still an appearance of increased richness. In all cases the batter showed curdling when beaten for more than two minutes, but this disappeared when the baking powder and remaining flour were added.

To test out the effect of sugar on beating and texture, $\frac{1}{4}$ cup of sugar was added to the recipe. When this batter was beaten for one minute the texture of the resulting cake was even and the loose streak on the top was less evident than in other experiments; when the batter was beaten for two minutes the cake fell slightly, but its texture was even. When the sugar was partially or wholly dissolved in the liquid before the batter was mixed or when powdered sugar was used instead of granulated, the texture of the resulting cake was slightly better; the chief difference noticed was that the crust was less thick and sugary. When, in addition to the sugar, an equal weight of bread flour was included in the recipe and the batter was beaten for two minutes, the texture of the cake was similar to that obtained from the original recipe beaten for one or two minutes.

BERNICE ALLEN,
University of California, Southern Branch.

Home Economics Service of a Daily Paper. The service a new paper may offer to its women readers in classroom, by radio, by telephone, and by bulletin publication, in addition to that given through the columns of the paper in the usual channels, has immense possibilities, many of them as yet scarcely touched. The value of such service to the paper itself, the resulting gain in prestige, in circulation, or in advertising is somewhat difficult to measure. It is also necessarily slow, for the public is always ready to condemn, but slow to express approval.

Until two years ago, the *Oregonian*, a Portland daily and Sunday paper with statewide circulation, had used home economics material received from syndicates or contributed locally by writers outside the newspaper office. At that time I was asked to join the editorial staff, to find out what the women wanted, and give it to them. Three months later an assistant, also a home economics college graduate, was added to the staff. The work is still in the experimental stage, but we have a most interesting problem and we are now obtaining substantial results.

Radio has proved a popular channel for home economics information. The *Oregonian* maintains one of the large Pacific coast broadcasting stations, and for the first year a weekly half-hour afternoon lecture on some topic of general interest to homemakers was given. The topics were necessarily limited to those which required no illustrative material and little accurate use of numbers, for where no repetition is possible, it is unsatisfactory to mention quantities such as those needed in recipes. Home decoration, kitchen arrangement, simple dietetics, short cuts for home sewing, and discussions of meal planning were received enthusiastically. Unfavorable atmospheric conditions during the afternoon have made it necessary to discontinue the programs but we know that while they were being given needlework clubs, reading clubs, and neighborhood groups made it a practice to gather at our radio hour.

Telephone service is a most interesting feature, from our own point of view. We find that what the public considers within the scope of a home economics department may include the name of a reputable firm renting fancy dress costumes, the way to remove stains left by boiling the man of the family's best shirts with a black sock, the proper way to eat olives at a luncheon, and how to adjust a dress pattern which bunches under the arms. Recipes without number are called for and endless suggestions for planning meals.

Women's clubs frequently ask for an afternoon or evening speaker, and their requests for topics also cover the entire range of home economics. Sometimes these programs take the form of lecture demonstrations, and then the coöperation of one of the public service companies is obtained in making the necessary range connections, all without cost to the organization and as part of the service offered by the home economics department.

Recently we have been conducting a series of classes for homemakers in the auditorium of the Portland Gas and Coke Company. The seating capacity is limited to two hundred and registration is required, though no charge is made. In the short course of four two-hour lectures we touch on the principal points of meal planning, vegetable and meat cookery, meat substitutes, simple desserts and salads, right combinations of foods, adjusting a family diet to the special needs of the members, and table setting and meal serving. In all of the lessons we bring in as much as possible of the correlated material, suggesting simplification of home duties, meals for health, and the planning of housework to leave the homemaker as much leisure as possible. We also try to bring out the importance of homemaking. It is surprising to find the number of

women who make no distinction between the terms housekeeping and homemaking. We always allow time for round-table discussion, and this is made use of to the last minute. Recipes for all of the foods demonstrated, and for a number of others, are always ready in printed form.

Among the pamphlets which we have published is an illustrated clothing budget for the high school or college girl with suggestions for clothes suitable for different types, and this has been especially well received. So has the one containing recipes for holiday candies with suggestions for their packing. The circulation department finds bulletins of this type useful.

In the columns of the paper we conduct a daily home dressmaker department designed to meet the needs of the woman who makes her own clothes. This includes answers to questions asked by readers to cover their own personal problems. Where an immediate reply is desired, the answer is sent by mail. A homemaker's exchange column offers an opportunity for exchange of ideas for saving time, money, or effort, and the one judged best each day receives a dollar prize. The daily retail fruit and vegetable market story is considered within the scope of the home economics department, and this is written from the homemaker's viewpoint.

Articles of general home economics interest, on household management, food economics, use of unusual foods and less expensive foods, home decoration and sanitation appear frequently under the head "The Woman in the Home," and we contribute a Sunday feature for children giving simplified cooking directions for a beginner.

An increased friendliness and good will toward the paper which is everywhere apparent already has been attributed directly to the home economics department by the managers of the advertising and service departments.

JEANNETTE P. CRAMER,
Portland, Oregon.

AMERICAN HOME ECONOMICS ASSOCIATION

EIGHTEENTH ANNUAL MEETING

SAN FRANCISCO AND BERKELEY, CALIFORNIA, AUGUST 1 TO 6, 1925
Fairmont Hotel, San Francisco—Headquarters

PRELIMINARY PROGRAM

SATURDAY, AUGUST 1, FAIRMONT HOTEL

9:00 a.m. to 12:00 m. Registration

9:30 a.m. to 11:45 a.m. Council Meeting

Open to all members of the Association

11:45 a.m. to 12:00 m. Business Meeting of the Association

Brief session for the election of the Nominating Committee

12:00 m. Association Luncheon

Greetings to the Association by officials representing the State of California and the City of San Francisco

Presidential Message
KATHARINE BLUNT, University of Chicago

2:30 p.m. Section Meetings

Joint meeting, Food and Nutrition and Institution Economics Sections

MARTHA KOEHNE and EFFIE I. RAITT, *chairmen;* RUTH OKEY and HELEN F. MCDONALD, *local chairmen*

Digestibility versus Roughage and Vitamins
WALTER C. ALVAREZ, Hooper Foundation for Medical Research, San Francisco
The Rôle of Fruits and Vegetables in the Prevention and Treatment of Disease
W. D. SANSUM, Santa Barbara Cottage Hospital
The Education Program of the Dietitian
RUTH WHEELER, College of Medicine, State University of Iowa
The Contribution of Home Economists to Institutional Management
GEORGE H. BLACK, Ellensburg Normal School

Home Economics Education Section

EMMA CONLEY, *chairman*

A Fact Basis for Home Economics
AVA B. MILAM, Oregon Agricultural College
The Place of Home Economics in Curriculum Revision
E. B. CUBBERLEY, Stanford University
Objective Tests in Home Economics
REGINA FRIANT, Iowa State College

Home Economics Extension Section

MAUD MATHES WILSON, *chairman*

The Extension Worker and the American Home Economics Association
KATHARINE BLUNT, President of the American Home Economics Association
Home Economics Extension: Purpose, Progress, and Prospects
W. A. LLOYD, U. S. Department of Agriculture
Home Demonstration Work: Its Opportunities for the Home Economist
GRACE M. HARING, Chairman of Home Extension Service, General Federation of Women's Clubs

Joint Meeting of Textile and Related Art Sections

GRACE DENNY and VIRGINIA ALEXANDER, *chairmen;* ANNE SWAINSON and MARY F. PATTERSON, *local chairmen.*

Manufacture and Design of Women's Clothing
DOROTHY NUGENT, Fairchild Publication Company
Modern Costume Design
BELLE NORTHRUP, Teachers College, Columbia University
Stage Craft and Costume Design
LOUISE P. SOOY, Southern Branch, University of California
Importance of Color, Design, and Fabrics in Interior Decoration (illustrated with materials)
WATTERSON LOWE, Consulting Decorator, New York

6:00 p.m. Dinner for Publicity Group

LITA BANE, Executive Secretary, *presiding*
Informal discussion led by the Publicity Committee of the Association

8:00 p.m. General Session

The Place of Home Economics in the Public School Curriculum

The Place of Home Economics in Junior High School Program
LEONARD V. KOOS, University of Minnesota
Home Economics in the Curriculum Considered from the Standpoint of the State
WILL C. WOOD, State Superintendent of Public Instruction in California
Home Economics' Claim to a Place in the Modern Curriculum
ANNA E. RICHARDSON, Iowa State College

MONDAY, AUGUST 3, FAIRMONT HOTEL

8:00 a.m. California Home Economics Association State Council Breakfast

IDA S. SUNDERLIN, *presiding*

9:00 Section Meetings

Food and Nutrition Section

ALICE F. BLOOD, Simmons College, *presiding*

Minerals, Foods, and Health
JOHN A. MARSHALL, Dental College, University of California
The Use of Fat in the Human Body
W. R. BLOOR, College of Medicine, University of Rochester

Three Problems in Standardization of Experimental Cookery Methods
MINNA C. DENTON, U. S. Department of Agriculture
Topic to be announced
C. L. ALSBERG, Food Research Institute, Stanford University

Institution Economics Section

Commercial Food Service
MYRON GREENE, President National Restaurant Association
Scientific Buying and Meal Planning
QUINDARA OLIVER, Children's Hospital, Boston
Marketing of California Fruits
RALPH P. MERRITT, California Raisin Growers Association
Cooperative University Dining Halls
ETTA R. HANDY, Stanford University

Textile Section

Furs
GEORGE LIEBES, Liebes Co., San Francisco
Teaching the Subject Matter of Fur
BLANCHE STEVENS, Oregon Agricultural College
A Textile-Testing Laboratory from the Inside
ELIZABETH WEIRICK, Sears Roebuck & Co., Chicago

Home Economics in Business Section

LOUISE FITZGERALD, *chairman;* BARBARA REID ROBSON, *local chairman*

What Home Economics can Contribute toward Improving the Service which the Business World Renders the Consumer from the Viewpoint of:

1. The producer or manufacturer
   PAUL ARMSTRONG, California Fruit Growers Exchange, Los Angeles
2. The shop
   ELIZABETH WEIRICK, Sears, Roebuck & Co., Chicago
3. The newspaper
   KATE BREW VAUGHN, Los Angeles Express
4. The Magazine
   Speaker to be announced
5. The advertising man or woman
   H. A. STEBBINS, Honig-Cooper Advertising Co., San Francisco

Homemakers Section

MILDRED WEIGLEY WOOD, *chairman;* FREDA BAYLEY TREMBLE, *local chairman*

RUTH LINDQUIST, Ames, Iowa, *presiding*

Reports of Research on Social and Economic Problems in the home
HILDEGARDE KNEELAND, U. S. Department of Agriculture

12:00 m. Group Luncheons, Fairmont Hotel

Luncheon for State Presidents

KATHARINE BLUNT, *presiding*

Food and Nutrition Section Luncheon

Extension Section luncheon

HARRIET G. EDDY, University of California, *presiding*

Principal speaker, FLORENCE E. WARD, U. S. Department of Agriculture

Textile Section luncheon

Luncheon for Committee on Social and Economic Problems relating to the Home

HILDEGARDE KNEELAND. U. S, Department of Agriculture, *presiding*

2:00 to 4:00 p.m. Council Meeting

Open to all members of the Association

4:00 p.m. Business Meeting of the Association

6:00 p.m. Special Alumnæ Dinners

Teachers College, Pratt Institute, University of Chicago, University of California, Santa Barbara Teachers College, and others

7:30 p.m. General Session

ANNA E. RICHARDSON, Iowa State College, *presiding*

The Relation of Home Economics to Changing Social Ideals and Practices

The Place of Home Economics in the Higher Education of Women
AURELIA HENRY REINHARDT, Mills College

The Homemaker and the Delinquent
ORFA JEAN SHONTZ, formerly of the Juvenile Court, Los Angeles

The Education of Children and Home Economics
LOIS HAYDEN MEEK, American Association of University Women

TUESDAY, AUGUST 4, UNIVERSITY OF CALIFORNIA, BERKELEY

9:30 a.m. General Session, Wheeler Auditorium

Economic Phases of our Problem

Welcome to the University of California
Dean WALTER MORRIS HART

The Trend of Consumption of Fruits and Vegetables
ALONZO E. TAYLOR, Food Research Institute, Stanford University

What is the Home Contributing to our Economic Life?
HILDEGARDE KNEELAND, U. S. Department of Agriculture

Subject and speaker to be announced

12:00 m. Group Luncheons

Food and Nutrition and Institution Economics Section, together

Extension Section: in groups: state leaders, specialists, home demonstration agents

Education Section

Textile and Related Art Sections, together at Women's Faculty Club

Home Economics in Business Section, at Goose and Gridiron

Homemakers Section

2:00 p.m. Round Table Conferences

Food and Nutrition Section, Wheeler Hall

A. Health Education

JESSAMINE CHAPMAN WILLIAMS, Oregon Agricultural College, *presiding*

W. P. LUCAS, School of Medicine, University of California

W. H. BROWN and ELEANOR THOMPSON, Salem, Oregon

G. H. BLACK, State Normal School, Ellensburg, Washington

ELMA ROOD, Mansfield, Ohio

Eight or ten 3-minute talks by home economics teachers prominent in health education

Exhibition of demonstration material from Lydia Roberts, University of Chicago

B. Research in Food and Nutrition

RUTH OKEY, University of California, *presiding*

Ten-minute reports of original research conducted in home economics departments by Association members. Titles already received from:

University of California	University of Missouri
University of Chicago	Peabody College
University of Hawaii	Purdue University
Iowa State College	Utah Agricultural College
University of Minnesota	University of Washington
Kansas Agricultural College	University of Wisconsin

Because of the multiplicity of titles presented only one paper may be read by any author and papers by absentees will be read by title only

C. Problems of the Hospital Dietitian

Joint sub-section meeting, Food and Nutrition and Institutional Economics Sections (See page 346)

Education Section, Haviland Hall

A. Teacher Training

BEULAH COON, University of Nebraska, *presiding*

Report of the Committee on Teacher-training

Cora M. WINCHELL, Teachers College, Columbia University (Read by Miss Coon)

Report of an Investigation among Supervisors and Teacher Trainers concerning Teaching Difficulties

BEULAH CONN, *University of Nebraska*

Report of an investigation of difficulties experienced by teachers of vocational homemaking

ADAH HESS, Illinois State Board for Vocational Education

General discussion of all reports

B. Public School Home Economics Education

GERALDINE GORTON, *chairman*

Report of Investigation of Present-Day Practices in Homemaking in Various Types of Homes and Communities as Shown in Surveys in California, Colorado, Delaware, Indiana, Nebraska, Pennsylvania, New York, and Texas: (1) amount and kind of clothing construction; (2) amount of laundry work and conditions under which it is carried on

MAUD MURCHIE, California State Board of Education

General Discussion

MABEL CAMPBELL, Federal Board for Vocational Education

JESSIE W. HARRIS, Texas State Board for Vocational Education

Extension Section, Agricultural Hall

JESSIE MCCOMB, Oregon Agricultural College, *presiding*

Extension through Local Leaders

Preparing the Leader for her Job
HILDA FAUST, California
Effective Use of Local Leaders
AMY KELLY, Kansas
How We Carry on Home Demonstration Work
Speaker to be announced

Effective Project Methods

Visual Aids as Used in a County
FLEDA E. SMITH, San Diego County
Effective News Writing
CONNIE BONSLAGEL, Arkansas
Standardizing the Services Offered by Business Agencies to Home Demonstration Agents
GUDRUN CARLSON, American Meat Packer's Institute, Chicago

Institution Economics Section, Wheeler Hall

A. Dormitory Management

ETTA R. HANDY, Stanford University, *presiding*

(1) Relationships between House Director, Dean of Women and Superintendent of Buildings and Grounds
(2) Buying of Housekeeping Supplies
AGNES FLYNN, Palace Hotel, San Francisco
(3) How to meet Criticism in College Dormitories
DOROTHY KUEBLER, University of Washington, *leader*
(4) Presentation of the Survey of Dormitory Management
ELIZABETH BEEMIS; presented by LENNA COOPER

B. College Commons and School Lunch Rooms

EMMA SMEDLEY, Philadelphia School Lunch Rooms, *presiding*

(1) Competition of Corner Bakeries
ANNA L. POST, Tacoma Public Schools, *leader*
(2) Management of Student Employees
ROBERTA SWIFT, Roberta Tea-Shop, Berkeley
(3) Institutional Accounts and Records
RUTH LUSBY, *leader*

C. Problems of the Hospital Dietitian

Joint sub-section of Institution Economics and Food and Nutrition Sections, HELEN F. MCDONALD, University of California Hospital, *presiding*

(1) Nutritional Problems of the Dietitian
(a) Standardization of methods of calculating dietaries
(b) Preparation of formulæ and feeding of small children
(c) Possibilities of supplying qualitative diets for the outpatient clinics
(2) Managerial Problems of the Dietitian
LENNA COOPER, Battle Creek, Michigan
(3) Code of Ethics and the Dietitian's Responsibilities
Preliminary discussion; to be presented at business meeting for endorsement

Textile Section, Drawing Building

A. Sub-section on Textile Research
RUTH O'BRIEN, U. S. Department of Agriculture, *presiding*
Contributors to be announced

B. Teaching Clothing
Shoes
ETHELWYN DODSON, California
Opportunities for Placing High School Girls in Commercial Positions
ELIZABETH JACOBSON, Tacoma
Course in Selection of Clothing
HELEN ELISE LARSEN, Long Beach, California
Subject and speaker to be announced

Home Economics in Business Section

LOUISE FITZGERALD, National Dairy Council, *presiding*
LEONORE DUNNIGAN, The Farmer's Wife, *leader*

1 Improving and Standardizing Home Economics Service Available from Business Firms from the Standpoint of,
a. Those who give,
b. Those who receive,
2. The Training for Home Economics in Business
a. Academic training in subject matter,
b. Field experience.
3. The Type of Material on Home Economics Pages of Newspapers Which is Most Helpful to Homemakers.
Two-minute speakers to be announced

Related Art Section, Home Economics Building

MARY F. PATTERSON, *presiding*

A variety of exhibits will be available for illustration and discussion at this meeting
Design and Its Application
EMMA WALDVOGEL, Monterey
Art As It Relates to Textiles and Clothing
AGNES ELLEN HARRIS, Alabama Polytechnic Institute
Art Correlations in Meal Planning and Serving
HARRIET GLENDON, Carnegie Institute of Technology, and MARGARET GLEASON, Texas State College for Women
Art Projects in Home Management and Furnishing
HARRIET GOLDSTEIN, University of Minnesota, and TREVA KAUFMAN, New York State Department of Education

Committee on Social and Economic Problems in the Home

HILDEGARDE KNEELAND, U. S. Department of Agriculture, *presiding*

Discussion of the Scope and Methods of Research

Homemakers Section

Conference on Child Training

FREDA BAYLEY TREMBLE, *presiding*

A New Project in Child Study
JEAN WALKER, University of California
A Habit Curriculum for Young Children
LUCY A. STUDLEY, University of Minnesota
The Unusual Child
OLGA BRIDGMAN, University of California

4:30 p.m. Tour of Campus with Guides

5:30 p.m. Tea at the Women's Faculty Club

6:30 p.m. Informal Dinner at Stephens Union

7:30 p.m. Conference on research in Home Economics, Faculty Room, Wheeler Hall

HELEN BISHOP THOMPSON, University of California, Southern Branch, *presiding*

Experience of Agriculture in Development of Cooperative Research
E. D. MERRILL, College of Agriculture, University of California
The Scope of Research in Home Economics
MARGARET JUSTIN, Kansas State College
Methods of Research in Home Economics
In Chemical Problems
KATHARINE BLUNT, University of Chicago
In Biological Problems
HAZEL MUNSELL, U. S. Department of Agriculture
Involving Statistical Data
JOSEPH S. DAVIS, Food Research Institute, Stanford University

Administrators and research directors have been particularly invited to this meeting, but all others attending the convention will also be welcome

WEDNESDAY, AUGUST 5, FAIRMONT HOTEL

8:00 a.m. Breakfast for Chairmen of State Membership Committees

LITA BANE, Executive Secretary, *presiding*

9:30 to 11:30 a.m. Business Meetings of all Sections

Food and Nutrition Section

MARTHA KOEHNE, University of Washington, *presiding*

1. Report of Committee on Membership
   RUTH JORDAN, *chairman*
2. Report of Committee on Preparation Required for Research in Food and Nutrition
   P. MABEL NELSON, *chairman*
3. Report of Nutrition Extension Committee
   FLORA M. THURSTON, New York, *chairman*
4. Report of Publications Committee
   ELIZABETH MILLER KOCH, Illinois, *chairman*
5. An Unofficial Report of Special Committee on Affiliations appointed by the president of the Association
   MARTHA KOEHNE, Washington, *chairman*
6. Report of Program of Work Committee
   Chairman to be appointed
7. Discussion of Change in Constitution Regarding Eligibility for Membership in the Association
8. Election of Officers

Education Section

EMMA CONLEY, New York State Department of Education, *presiding*

1. Reports of Investigations and Surveys Carried on During the Year
2. Reports of Sub-sections
3. Plans for Program of Work for the coming Year
4. Election of Officers

Extension Section

MAUD MATHES WILSON, State College of Washington, *presiding*

1. Reports of Committees
   - A. Program of Work

     RENA MAYCOCK, Agricultural College of Utah, *chairman*

     (1) Promoting the program of the Association
     (2) Methods worked out by states for presenting the field and scope of home economics extension to home economics faculty and students
     (3) Publicity for work of country home demonstration agents
     (4) Extension terminology
     (5) Suggestions for 1925–26
   - B. Duplication of Material

     GRACE FRYSINGER, U. S. Department of Agriculture, *chairman*
   - C. Nutrition in Extension

     FLORA THURSTON, New York, *chairman*
   - D. Clothing in Extension

     MARION TUCKER, Massachusetts, *chairman*
   - E. Suggested Constitution and By-laws
   - F. Resolutions
2. Adoption of Section Program of Work, 1925–26
3. Election of Officers

There will be exhibits of demonstration material, arranged by the California Home Demonstration Office, and of the progress in the work of the Extension Section, arranged by the Program of Work Committee

Institution Economics Section

EFFIE RAITT, University of Washington, *presiding*

1. Report of Committee on Membership

   Gladys Brannegan, Montana, *chairman*
2. Report from Hospital Dietitian Sub-section
   - (a) Code of ethics
   - (b) The dietitian's responsibilities
3. Report from Dormitory Management Sub-section, committee on Survey of Dormitory Management

   ETTA R. HANDY, California
4. Report of Committee on Work for the following Year
5. Election of Officers

Home Economics in Business Section

LOUISE FITZGERALD, National Dairy Council, *presiding*

Reports
Election of Officers

Textile Section

GRACE DENNY, *presiding*

1. Committee reports:
   - Commercial Contacts
     SADIE SWENSON, Massachusetts
   - Standardization
     ROSAMOND COOK, New York
   - Clothing Courses for Extension Work
     MARION TUCKER, Massachusetts
   - Clothing Contest
     LILIAN PECK, Alabama
   - Educational Essentials
     CLARA M. BROWN, Minnesota
   - Research
     ETHEL PHELPS, Minnesota
   - Hygiene of Clothing
     CORA IRENE LEIBY
   - Junior High School Projects
     BEATRICE HUNTER
2. Election of officers

Homemakers Section

1. Report of committee on functioning of home economics training in the life of the homemaker graduate
   DELPHINE FERRIER DOYLE, Berkeley
2. Contribution of the Association to the Homemaker
   LITA BANE, Executive Secretary
3. Report of Program of Work Committee
4. Election of officers

11:30 a.m. Meeting of Coordinating Committee

12:00 m. Luncheon for City Supervisors

EMELINE WHITCOMB, U. S. Bureau of Education, *presiding*

12:00 m. Luncheon for Student Clubs

12:00 m. Luncheon for Phi Upsilon Omicron

12:00 m. Luncheon for Omicron Nu

2:00 p.m. Business Meeting of the Association

KATHARINE BLUNT, *presiding*

4:00 p.m. Council Meeting

6:30 p.m. Association Banquet, Fairmont Hotel

LITA BANE, Executive Secretary, *presiding*

High Lights of the Eighteenth Annual Meeting
HELEN W. ATWATER, Editor of JOURNAL OF HOME ECONOMICS
Fifty-five-second Reports from State Councilors or Alternates.
Varied entertainment will be arranged by the Southern and Central Sections of the California Home Economics Association

THURSDAY, AUGUST 6, FAIRMONT HOTEL

9:30 a.m. Meeting of New Executive Committee

Trips

Sight-seeing trips by auto in San Francisco, Berkeley, and Oakland.
A delightful trip to the California and Hawaiian Sugar Refinery at Crocket.
Trips to the following industrial plants:
California Cotton Factory
Cooperative Wool-Growers Association

THE INTERNATIONAL COMMITTEE

Who will go to Constantinople next fall? This is the question that the International Committee of the American Home Economics Association is asking.

Miss Eda Lord Murphy who has been at Constantinople Woman's College for two years as professor and head of the department of Home Economics finds it necessary to come home and a successor must be chosen. Miss Murphy has made a great success of her work. While there are not, even now, a large number of college students electing home economics (partly because of the severe language requirements in the college) the enthusiasm for the work has extended from the immediate pupils to a large part of the students. A home economics club, contrary to our traditions, is composed of girls who for one reason or another, are not electing the regular work, instead of those who are specializing in it. Informal lectures and discussions in this club reach many girls who would otherwise know nothing of the subject. Classes in preparatory school; instruction of the nurses in the American hospital, closely connected with the college; work with the girls in the missionary school at Gedik Pasha in Stamboul on the shores of the Marmora; all these have filled any "idle time" that might have resulted from small college classes. In addition Miss Murphy has given demonstrations at the social center recently established by the college, and of late had visited the Turkish Normal School once a week. She has helped too in planning menus for the college. The March and April JOURNALS told of the valuable help she has given to the Near East Relief orphanage schools in Greece.

Does all this make the work seem too difficult? More than one would wish to undertake? Add to this the fact that the salary is not large and the sacrifice may seem too great. But the work is absorbing in interest; the salary is supplemented by room, board, and laundry, and there are many other compensations. To be in Constantinople is an experience in itself. The college vacations are long, giving ample opportunity for travel in Europe, and for visiting Greece, Palestine, Egypt, and other countries. To get the point of view of people so different in tradition and experience from ourselves as are those of the Near East adds to the liberality and breadth of one's educational experience. There is in Constantinople a delightful group of Americans of many interests. Beside the faculties of Robert and Constantinople Colleges, there are the missionary group, the Y. W. C. A. and Y. M. C. A. workers, business men, and the Embassy and Consulate group. There are also many interesting and distinguished visitors of various nationalities.

The successor of Miss Murphy should be a well-trained woman with knowledge of both the food and clothing side of home economics, as well as its broader aspects. She should have high academic standards, but should be willing to do more or less elementary work. She should be able to adapt herself to new conditions and to see other people's point of view. She will find much work, but abundant rewards. Who will go?

Besides recommending a professor the International Committee has the immediate task of raising $500, through the Home Economics clubs if possible, to complete the Constantinople College fund for the year. The Virginia clubs, through the leadership of Mrs. Avery, a member of the committee, have already contributed $60 (besides $30 for a JOURNAL fund, to send the JOURNAL to foreign countries). If other clubs will respond, and each give only a little, the sum will soon be raised.

Though this is its immediate work the interests of the committee are by no means confined to Constantinople. In China, Korea, Japan, India, Jerusalem, Albania, wherever our work is going on, there we are seeking information and hoping to extend help.

ALICE P. NORTON, *Chairman.*

BOOKS AND PERIODICALS

Inanition and Malnutrition. By C. M. Jackson, M.S., M.D., LL.D. Philadelphia: P. Blakiston's Son and Co., 1925, pp. 616. $8.00.

This volume is a digest of investigations on the effect of inanition and malnutrition upon growth and structure, written essentially from the point of view of morphology. After sixty-six pages devoted to plants, protozoa, and the higher invertebrates, the book proceeds to the main theme, the vertebrates. Each organ and tissue of the body is treated in a separate chapter with an inventory of the effects of total inanition, of inanition with water only, of partial inanition due to deficient protein, salts or vitamins, and recovery from inanition. This arrangement, obviously useful and logical for the morphologist, dissociates much information which nutritionists are acustomed to find assembled. To take only one example, the effect of vitamin A deficiency is discussed in the chapters on the body as a whole, the integument, the skeleton, the female reproductive tract, and the male reproductive tract. An excellent index minimizes the difficulty of this arrangement. A hundred pages of closely printed bibliography completes a reference book which should prove invaluable as a starting point to a person wishing to inform himself on the present status of knowledge on this subject.

Alice F. Blood,
Simmons College, Boston.

Food Preparation and Serving. By Pearl L. Bailey. St. Paul: Webb Publishing Co., 1924, pp. 486. $1.50.

In preparing a two-year course of study in food preparation and serving which will be adaptable to all conditions it is Miss Bailey's "aim to give the reasons for doing things in a simple, easily comprehended way; to give direct, complete instructions in the methods of manipulation of material and processes; and to give ample opportunity for applying this knowledge through the serving of meals at school and at home."

Miss Bailey has presented in a properly coördinated and teachable way the scientific, the economic and social phases of the subject. Stress has been put upon the use of the right foods in the diet. She recognizes the importance of child-feeding and the necessity of acquiring more knowledge of this subject by girls who will be responsible for its application. Her chapter on feeding the sick and diet in sickness is also a recognition of the need for some simple work along that line.

The sequence of lessons is very good in that single foods for the simple meal are considered first with a gradual introduction to more complex foods and cooking processes that go to the formation of luncheons and dinners that follow.

Simple table service without a maid has been emphasized, as has also the proper way of serving food and the cost of it. General proportions and standard rules are given rather than recipes. Projects for home work are suggested after each lesson.

This course in foods is presented in a simple, logical manner. And while no one outline of study is ever usable under all conditions without some modification, this one seems to meet the need of a text for high schools.

Mary Robert Baynham,
Mississippi State College for Women.

BOOKS RECEIVED

From Infancy to Childhood. By RICHARD M. SMITH, M.D. Boston: Atlantic Monthly Press, 1925, pp. 105. $1.25.

A companion volume to "The Baby's First Two Years," by a well-known Boston child specialist; presents carefully-chosen, practical suggestions and explanations of the important features of child care and development in simple, direct language without unnecessary words or statements; includes convenient tabulations of common contagious diseases with periods of incubation and quarantine, early symptoms, and initial treatment; well arranged and indexed.

Children of Old Carolina. By ETHEL THEODORE ROCKWELL. Chapel Hill, N. C.: University of North Carolina Press, 1925, pp. 63. $0.50.

An historical pageant for children by a member of the staff of the Bureau of Community Drama; represents children of all periods of North Carolinian history, from the pre-colonial Indian days to the present, with connecting verses spoken by Father Time; includes in the appendix practical suggestions for the organization of the work of production, stage settings, properties, costumes, and incidental music; first presented by the Four-County Fair in Dunn, N. C., October, 1924.

The Science of Everyday Life. By EDGAR F. VAN BUSKIRK, A.B. and EDITH LILLIAN SMITH, A.B. Boston: Houghton Mifflin Co., 1925, pp. 498. $1.60.

Revision and enlargement of a volume, first issued in 1919 for the general science course in the junior high school; treats in Part I of air, water, and food as they are required by all living things, including ventilation and temperature in relation to health, home water supplies, food preservation, composition, and selection; and in Part II of the control of natural forces for human protection in the various features of housing and clothing and for the production of energy as in various types of machines, including labor-saving devices.

Educational Jottings Abroad. By RAYMOND WALTERS. Lancaster, Penn.: The Science Press, 1924, pp. 85. $.85 postpaid.

A collection of articles by the dean of Swarthmore College, originally contributed during the summer of 1924 as special correspondence from England, Scotland, Holland, and France, to *School and Society* and other periodicals; includes descriptions of several educational conferences, the work of the British Board of Education, summer courses at Cambridge, Oxford, Edinburgh, and the French universities, and visits to the birthplace of George Fox and to Swarthmore Hall at Ulverston, in Lancashire; brings together in readable form useful though by no means exhaustive information on educational institutions, tendencies, and opportunities for American summer visitors.

Basketry Weaving and Design. By MRS. EDWIN LANG. New York: Charles Scribner's Sons, 1925, pp. 93. $3.50.

Simple directions for making reed, raffia, and pine-needle baskets arranged to illustrate the main principles of basketry weaving and design; not in the form of lessons but adapted to the use of the individual basket maker; includes considerable range in shapes and styles, from simple basket to lamps, and suggestions for the use of wooden beads with reeds; well-printed with forty-six clear and attractive plates.

How to Tell the Fashions from the Follies. By CAROLINE DUER. New York: Charles Scribner's Sons, 1925, pp. 193. $1.50.

Short essays by the associate editor of *Vogue*, reprinted from that magazine; deals with a variety of topics, mainly but not entirely sartorial; emphasizes the desirability of adapting the fashions to one's personality and mode of life; discusses such subjects as the use of nicknames, the convenience of the conventional, and various phases of present-day home life including the education of girls in relation thereto. Written without attempt at seriousness from the point of view of the well-to-do and sophisticated,

combining common sense and worldly wisdom with good nature, humor, and a clever style.

Your Heart and How to Take Care of It. By Robert H. Babcock, M.D. New York: D. Appleton & Co., 1924, pp. 235. $1.50.

A book for the layman, giving a brief description of the circulatory system, and the cause, significance, and treatment of its common disorders; advises early and frequent physical examinations, general moderation and regularity of life, and the avoidance of certain practices; inclined to adopt the theories of Metchnikoff as argument for a low protein diet in cases of high blood pressure, kidney disorders, and associated conditions.

Home and Farm Food Preservation. New revised edition, with new material. Illustrated. By Wm. V. Cruess. New York: Macmillan Co., 1925, pp. 270. $2.50.

Cafeteria Recipes. With Duplicate Pad Arranged in Three Proportions. By Mabel E. Schadt. New York: The Womans Press, 1925, pp. 112. $2.50. Duplicate pads $.75 each.

Child Marriages. By Mary E. Richmond and Fred S. Hall. New York: Russell Sage Foundation, 1925, pp. 159. $1.50.

The Economics Laws of Art Production. An Essay towards the Construction of a Missing Chapter of Economics. By Sir Hubert Llewellyn Smith. London: Oxford University Press, 1924, pp. 216. $2.00.

Home Economics Education. Studies of Vocational and General Courses. Edited by David Snedden. New York: Teachers College, Columbia University, 1924, pp. 224. $2.00.

ABSTRACTS FROM PERIODICALS

NUTRITION

Fleming, G. B. The theoretical food requirements of infants. *Brit. Med. Jour.* 1924, No. 3337: **1093.**

In this discussion, which is based upon data previously reported by the author and by Benedict and Talbot on the basal requirements of infants in all stages of nutrition, particular attention is given to emaciated underweight children. In estimating the food requirements, consideration has been taken of the amount lost in the excreta, the amount added to the body in growth, and the amount used in muscular exercise. The basal requirement for normal children under one year of age is estimated at 55 calories per kilogram of expected weight, and for children 50 per cent or more below normal weight about 40 calories per kilogram of expected weight. The allowance for food lost in the excreta when the diet is adjusted to the expected weight is considered to be much larger for emaciated than normal subjects and is fixed at 20 per cent of the basal requirements for infants 70 per cent below normal weight. The daily allowance for growth is estimated at 5 calories per kilogram for normal infants and 35 calories per kilogram for infants 70 per cent below normal. Corresponding estimates for muscular exertion are 35 and 20 calories respectively. The final recommendation made is that during the first year of life, infants within 30 per cent of the expected weight for age should receive a diet furnishing 100 calories per kilogram of expected weight per day, and below this weight diets of gradually decreasing caloric value.

Park, E. A. Newer viewpoints in infant feeding. *Proc. Conn. State Med. Soc.* 1924, 132: **190.**

This is a general discussion of recent advances in the field of infant feeding, including "the recognition that stools are not the immediate determining guide to the feeding of the infants, that many infants thrive only when they receive the concentrated milk mixtures; that many infants require not less than 150 to 200 calories per kilogram of body weight; and that milk fermented with lactic acid producing bacilli is more easily digested by infants than sweet milk.

Von Fellenberg, T. Investigations on the occurrence of iodine in nature. III. Iodine determinations in foods, fertilizers, and Swiss mineral waters. VI. The relationship between the occurrence of goiter and the iodine content of the surroundings. *Biochem. Ztschs.* 1924, 152: 128, 141.

These two papers are a part of an extensive series of studies on the cycle of iodine in nature, methods for its determination, its quantitative occurrence in food materials and its relation to goiter. In the first of the two noted here tabulated data are reported on the iodine content of various cereal grains, legumes, fruits, mushrooms, animal and vegetable oils, nuts, cocoa and chocolate, tea and other similar beverages, and mineral waters. On account of the very small amounts of iodine occurring in food materials the data are reported in γs per kilogram, γ signifying one millionth of a gram. The iodine content of seeds and legumes varied from 8 to 64 γ per kilogram, and of the fruits tested (lemons, oranges, bananas, raisins, and prunes) from 6 to 120, the largest amount being found in the raisins and prunes. Vegetable oils contained from 30 to 95 γ per kilogram, and two samples of cod liver oil 5100 and 5640 γ respectively. Of the nuts tested, Spanish peanuts had the highest content, 200 γ.

The mineral waters were of widely differing iodine content, from 11.6 to 6310 γ.

In the second paper noted, a comparison is reported of the iodine content of food, air, soil, and water in four Swiss cantons in which goiter was prevalent to the extent of 1, 12.1, 56.2, and 61.6 per cent respectively. The usual inverse relationship was found between the extent of goiter and the amount of available iodine in the drinking water. This was also true of milk and eggs in the different localities but differences could not be detected in the iodine content of foods of plant origin in the various localities.

A result of more available iodine in communities in which goiter was not prevalent was the high iodine content of the urine of subjects in the canton in which goiter was least prevalent. This was even higher than the amount of iodine in iodized salt. This observation is emphasized as a strong argument in favor of the harmlessness of iodized salt.

Hathaway, J. C. The inverse relation of iodine and goiter in Utah. *Proc. Soc. Expt. Biol. Med.* 1924, 22: 183.

In five towns in Utah the iodine content of the drinking water varied from 18 to 216 parts per hundred billion and the corresponding percentage of goiter varied from 57 to 6 per cent.

Stevenson, A. E. Discoloration in canned beets. *Canning Trade.* 1925, 48: 59, also in *Canner*, 1925, 60: 106.

A study at the Research laboratories of the National Canners Association of the causes of discoloration in canned beets has shown the possibility of three types of discoloration. One type occurring in the center of the sliced beets is attributed to incomplete destruction of the oxidase, tyrosinase, present in the beet. A second type is sometimes present in the portion of the beets projecting above the liquor in incompletely filled cans and is thought to be due to oxygen contained in the head space. A third type affecting the entire contents of the can and accompanied by a change of reaction to the alkaline side is attributed tentatively to bacterial action. As means of preventing these types of discoloration, the author recommends for the first, a longer steaming process and greater promptness in canning; for the second, a fuller pack; and for the third, processing at 240°F. Attention is called to the importance of prompt, thorough cooling of cans after the pressure process.

Mohs, K. The size of the cells in bread. *Cereal Chem.* 1924, 1: 149.

As a means of judging the quality of a loaf of bread from the distribution, uniformity, and size of cells, the author recommends in place of the usual photographs the impression made upon unsized paper by covering a section of the cut loaf with a thin paste of lampblack and pressing it firmly against the paper. Reproductions of 10 such impressions from loaves with holes grading from very small to large are given as a reference scale in describing the cellular structure of particular samples of bread.

Broadhurst, J. and Van Arsdale, M. B. Food in the house refrigerator. *Nation's Health.* 1924, 6: 595.

This report of a comparison of the temperature and humidity in three types of household refrigerators, top-iced, side-iced, and brine-cooled, closes with the following recommendations: "House refrigerators should be constructed to insure constant and complete air circulation. No dead spaces or air pockets should be allowed. The ice chamber should be large and kept well-stocked; the larger the ice surface the more contact there is with the circulating air, and the greater the effect upon the air. Thermometers should be supplied for the warmest and coldest shelves at least. Milk should be kept at temperatures below 45°F. Temperatures of 60 or more mean that the ice box is acting as an incubator rather than a refrigerator. Since cold air is relatively heavier than warm air, careless management of the doors may allow much of the cooled air to fall out of the box. Watch the thermometer to verify this. Milk and similar foods should be kept as cool as possible, and used as fresh as possible. The warmer the shelf and the longer the stay in the refrigerator, the greater the bacterial content and deterioration of the food. Such bacterial changes are not without danger to the consumer, especially to babies using stale milk."

NOTES AND CLIPPINGS

Film of Club Work. "A Crop Worth Saving" is the title of a four-reel picture recently released by the U. S. Department of Agriculture which shows in detail phases of boys and girls club work in the South. The pictures were taken in the Acadian section of Louisiana, and two of the leading parts were played by descendants of Louis Arceneaux, the original of Gabriel in Longfellow's, "Evangeline."

Monthly Allowance as Part of Education. In the Protestant Orphan's Home in Toronto, says *Social Welfare Administration,* each child receives a monthly allowance so that he may learn to save and spend wisely.

Colonel Pickering's Day Book. This manuscript record for 1784 kept by the quartermaster general of the American forces is a recent interesting gift made to the New York Public Library by the finder, Mr. E. O. Weeks, and is described in the *Library Bulletin* of that Library. The pages had been pasted over with newspaper clippings some seventy or more years ago, and when recently these were soaked off, the exposed writing, dried in the air and warm sun, was as legible as if of recent date. Apparently certain personal and family supplies were recognized perquisities of the office, and a list of provisions supplied to the quartermaster general's family at Newburgh from 1783 to 1785 tells much of current wants and prices. Imported luxuries, such as tea, Irish butter, sugar, and liquors, seem exorbitantly high, but such native products as poultry, apples, and cider, almost ridiculously cheap. A guide in military service in the wilderness was paid $2.00 a day, with an allowance of about $.20 a day for deficiencies of rations.

Home Life in the Yale Chronicles of America. To home economicts one of the interesting features of the moving pictures of our early colonial history prepared under the auspices of Yale University is the fidelity in the details of houses, furnishings, clothing, and other features of everyday life. As the *Educational Screen* points out, such scenes are a great contribution to the visualization of this picturesque and influential period of our history. The non-theatrical distribution of the films is made by the Yale University Press Film Service, New Haven, Connecticut.

National Federation of Women's Institutes. The annual meeting was held May 19

and 20 at Queen's Hall, London. Among the agenda were listed: Holiday Rest and Change Scheme; Handicrafts; Young Farmers' Clubs; Maternal Morality; Hygiene of Food and Drink; Gambling; Anti-Litter Campaign; Rural Industries. In March 3, 273 institutes were enrolled and the circulation of *Home and Country*, the monthly journal sent to members, was given as 35,798.

Vitamin A in Frozen Eggs. A recent news note from the U. S. Department of Agriculture announces that feeding experiments made with rats in the Bureau of Chemistry indicate that eggs which had been frozen and kept in storage for long periods contained vitamin A of sufficient potency to lessen xerophthalmia and renew growth, though the rate of improvement was less than with strictly fresh eggs.

Oil from the Silk Cocoon. According to *Women's Wear* and *The Silkworm*, sericulturists in Szechwan province, China, find that after the filament has been removed four ounces of oil may be extracted from a catty (one and one-half pounds) of dried chrysalis and that this oil has possibilities for soapmaking. Even the residue, which contains phosphorus, is used as fertilizer.

Child Health Bulletin. The first number of the new monthly, which replaces *The Child Health Magazine*, is a 24-page pamphlet including two or three brief articles and notes of meetings, fellowships, and publications of importance to child welfare workers.

Education Through the Family. This is given by *Better Times* as the title of a work by Abbé Viollet to which the French Academy of Moral and Political Science has made its biennial award of the Cartier prize for the best work on the improvement of moral and material conditions.

Child Management. This is the title of U. S. Department of Labor Children's Bureau Publication No. 143 by Dr. D. A. Thom. Single copies may be obtained free on application to the Children's Bureau, and others may be purchased 5 cents each from the Superintendent of Documents, Government Printing Office, Washington.

Home Economics Courses in the Duluth Public Schools. For the past two years committees of classroom teachers under the direction of the department supervisor has been working on the reorganization of the various courses in the home economics curriculum. Almost all of these courses have been completed and are for sale. A price list will be sent to anyone interested.

Quilting as Recreation. According to the *Playground*, the journal of the Playground and Recreation Association of America, making quilts is a popular recreational activity in Scranton, Pennsylvania, twenty-two groups of women meeting every week to quilt under the auspices of the Bureau of Recreation.

A Century of Publishing. In commemoration of the one hundredth anniversary of its foundation the publishing house of D. Appleton & Co. has issued a complimentary volume by Grant Overton, "Portrait of a Publisher and The First Hundred Years of the House of Appleton." The present head of the firm, William Worthen Appleton, is the grandson of the original Daniel and has himself been connected with the firm for fifty-five years.

Boston Publishers' Announcement. Hereafter the books of the Atlantic Monthly Press, the book-publishing department of the Atlantic Monthly Company, will be manufactured and distributed by Little, Brown & Company of Boston under a distinctive trade mark, as "Atlantic Monthly Press Publications." The editorial preparation of such volumes will continue to be done at the offices of the Atlantic Monthly. The retail bookroom of each firm will be continued as heretofore.

Guide to Hospital Cleaning. The American Hospital Association, 22 East Ontario Street, Chicago, Illinois, announces that the report of its committee on cleaning is now on sale at that address for 50 cents a copy; it includes valuable data on general cleaning of material and equipment, the laundry, special care of surgical equipment and dishes and kitchen utensils.

NEWS FROM THE FIELD

KINDRED INTERESTS

World Conference on Education. This meeting, called by the World Federation of Education Association in Edinburgh, Scotland, July 20 to 28, is open to all teachers. A larger attendance is expected than at the first conference held two years ago in San Francisco, at which forty-three nations were represented. Mr. George Pringle, the secretary of the Scottish Institute, is in charge of general arrangements. Teachers from the United States may obtain travelling information and reservations through C. L. Babcock, American Express Co., 65 Broadway, New York. S. S. Canopic, carrying five hundred passengers, has been reserved for the trip from New York to Glasgow, sailing July 8. The approximate cost of the trip is estimated at $400 to $500 according to accommodations. Tours can be arranged for Great Britain and the Continent. The president of the Federation is A. O. Thomas, State Capital, Augusta, Maine, the Secretary is C. H. Williams, University of Missouri, Columbia, Missouri, and the chairman of the American delegation is William F. Russell, International Institute of Education, Columbia University, New York.

International Conference on Education at Heidelberg. The New Education Fellowship, an English organization interested in modern educational methods, has called the third International Conference on Education to meet in Heidelberg, Germany, from August 1 to 15. Delegates from similar organizations in various countries will be in attendance. The general theme of the meeting will be "The Release of Creative Energy in the Child," and among the speakers will be such internationally known figures as Dr. Ovide Decroly of Brussels, Dr. Elizabeth Rotten of Berlin, Mrs. Ensor of England, Dr. Jung and Dr. Ferrière of Switzerland. Americans travelling in Europe are cordially invited to attend the conference, details concerning which can be obtained from the New Education Fellowship, 11 Tavistock Square, London. It is hoped that special railway rates can be obtained for persons going to Heidelberg from the Edinburgh conference.

International Conference on Child Welfare. This will be held in Geneva, August 24 to 28. The English-speaking section is being arranged under the direction of such British agencies at the National Association for the Prevention of Infant Mortality and the Save the Children Fund.

Colloid Symposium. The third annual symposium is to be held at the University of Minnesota, June 17 to 19. Professor Herbert Freundlich of Berlin will be the principal guest lecturer and will remain for the summer session of the University.

Health Education Conference. The fourth annual conference called by the Health Education Division of the Child Health Association, is to be held at the University of Chicago, June 22 to 26. The discussion will center around the training of teachers for health education, including the question of extension courses for teachers in service and the relation of the health program in secondary schools to teacher teaching.

Further information regarding the conference, which will be limited to 150 participants, may be obtained from Miss Emma Dolfinger, 370 Seventh Avenue, New York City.

First International Congress of Social Economy. An account of this meeting held at the Argentine Museum of Social Economy, Buenos Aires, October 26 to November, 1924, appears in the April *Bulletin of the Pan American Union.* Topics bearing on home economics were housing and nutrition in the public health section of the program, and farm home management in the agrarian

section. The section on social statistics and general problems emphasized the importance of the home as the social unit and passed resolutions favoring the careful collection and use of child welfare statistics. The development of social welfare as a profession, and the adoption of a code of rights of children. Miss Katherine Lenroot of the U. S. Children's Bureau was a delegate from this Country.

American Health Congress. The National Health Council organized the congress of health workers held in Atlantic City during the week of May 17 in order to give workers from all parts of the country a bird's eye view of the public health movement. The speakers included authorities on each phase of the subject, and the leading health associations sent representatives. Various organizations of nurses also met at Atlantic City during the week.

National Negro Health Week. In connection with the thirteenth annual health week observed April 5 to 12, the National Clean-up and Paint-up Bureau of St. Louis offered three silver loving cups to the cities showing the best results from the celebration. Awards will be announced at the 26th annual meeting of the National Negro Business League, to be held in Tulsa, Oklahoma, August 19 to 21.

Radio Talks on Child Training. The Federation for Child Study broadcast a series of ten talks from Station WEAF at 11.35 a.m. on Wednesday mornings from March 25 to May 27.

Baking Institute Library. The New Livingston Library, the gift of Julian and M. L. Livingston in memory of their father, a pioneer baker of Chicago, provides for the American Institute of Baking what is said to be the most important existing collection of literature on baking.

Puritan Furniture in Hartford Museum. The Wallace Nutting collection, consisting of some three hundred pieces of early American furniture and one hundred specimens of ironwork, has been loaned indefinitely to the Wadsworth Atheneum by the joint owners, Mr. Nutting and Mr. J. Pierpont Morgan, and is on exhibit in rooms especially built for it in the Morgan Memorial building.

ALABAMA

Alabama Home Economics Association. The annual meeting was held in Mobile April 3 and 4. The attendance was small but the interest was unusually good. The membership was reported as 92 individual members with 18 affiliated clubs. Miss Cleora Helbing of Louisiana was the main speaker. The officers elected for the next year were: President, Harriet Gresham, Mobile; vice-president, May Hansis, Birmingham; secretary-treasurer, Katherine Jones, Montgomery; councilor, Ivol Spafford, Mongtomery; alternate, Elizabeth Mauldin, Auburn.

ARIZONA

University of Arizona. Miss Nina B. Crigler, head of the department of home economics, who has been absent from the University for some months, has returned.

Miss Mabel Campbell, of the Federal Board for Vocational Education, with Miss Callie May Bliss, state supervisor of home economics education in Arizona, visited the University February 20 and 21.

"Better Homes in Arizona" with emphasis on the child in the home was the theme for the thirteenth Farm and Home Week program, February 9 to 13. The principal speakers on the program were President Harry L. Kent of the College of Agriculture, Las Cruces, New Mexico, and Mrs. Mildred Weigley Wood of Phoenix, chairman of the Homemakers Section of the American Home Economics Association. Mrs. Wood talked on the following subjects: "Child Training in Relation to Food Habits," "First Book of the Child," "Art Problems from the Homemakers' Point of View," and "Can Homemaking be Made a Profession?" Topics of discussion were devices for teaching health habits and the influence of music, toys, games, play, and stories in child development.

The Home Economics Club gave a tea complimentary to Mrs. Wood, and Mrs. Bertha F. Lent of the foods department entertained the out-of-town guests at a buffet luncheon.

COLORADO

Colorado Agricultural College. Unusual preparation is being made for the summer session which will consist of two terms, the first from June 15 to July 22, and the second from July 23 to August 28. Distinguished educators and scientists will not only lecture but give regular class work courses, among them: Dr. Harry Dexter Kitson, professor of psychology, University of Indiana, author of "How to Use Your Mind," Dr. A. E. Winship, well-known educational writer and editor of the Journal of Education, Prof. Harry Tieman of the Federal Board of Vocational Education, and Prof. Leslie B. Sipple of State Teachers College, Aberdeen, South Dakota, a leading rural educator.

Courses of special interest to home economists will also be given by resident faculty members, including Prof. O. G. Sargent, director of vocational education for Colorado and specialist in rural education and Miss I. M. Allison, head of the home economics division, who has recently returned from a year spent in research in home economics.

DISTRICT OF COLUMBIA

District of Columbia Home Economic Association. At a dinner meeting on March 10, Mr. Eben Comins, artist and art critic, addressed the association on "Art in the home," and at a joint meeting of the association and the Housekeepers' Alliance on March 21, the Hon. Theodore G. Risley, Solicitor for the U. S. Department of Labor spoke on "Immigration as it affects the home." Though the physical and financial requirements for immigrants coming to this country are now high, Mr. Risley pointed out, their standards of living are still very different from ours and below them in many respects. We must teach them modern sanitation along with our language and our social customs. Mr. Risley praised the Americanization work being done by various agencies, but urged the need of further effort by all women's organizations interested in problems of the American home.

The better homes committee of the association under the leadership of Mrs. Belle S. Ketcham and Mrs. Edith C. Salisbury cooperated with local builders in the construction of a moderate-priced house in a Virginia suburb. By slightly modifying the original plan of the builders and at very little additional expenditure the house was made much more convenient and attractive than the other houses being built by this company from the same plan. This, it is hoped, will have an educational effect on builders as well as the general public. Specialists from the Bureau of Plant Industry of the U. S. Department of Agriculture furnished plans for planting the grounds with ornamental shrubbery and for a vegetable garden. The house was furnished and open for demonstration during Better Homes Week, May 11 to 18.

Hospital Dietitians, Army Medical Center. The graduation exercises were held at Walter Reed Hospital on February 27, with Capt. Alfred Mordecai and Dr. W. J. Mallory as speakers, and Surgeon General Ireland presenting the certificates to the following nine graduates: Margot Pauline Allen, Helen F. Boswell, Edna Parke Compton, Sarah Elise Curtis, Ruth Lannon, Ida McCollum, Helen Richardson, Emily P. Stockholm, and Marie Yon.

Dietetics Association of the District of Columbia. At its March meeting the association elected the following officers for the ensuing year: president, Mrs. Genevieve F. Long, Walter Reed General Hospital; vice-president, Rowena Roberts, Sibley Hospital; secretary, Grace Hunter, Walter Reed General Hospital; treasurer, Ruth Huckins, St. Elizabeth Hospital. At the April meeting, Dr. D. B. Jones, in charge of the Protein Investigations Laboratory of the Bureau of Chemistry of the United States Department of Agriculture, gave an address on "The amino acids."

Public Schools. In order to demonstrate to the parents of the students in the home economics department of the Eastern High School (white) that domestic art taught more than how to sew a seam and domestic science more than how to cook, a special program was arranged for a meeting of the parent-teacher association. The domestic

art classes gave a dress review displaying the frocks and hats made by the girls. They also staged two skits, one in the form of a street-corner dialogue bringing out the principles of costume design, and the other a style show comparing the costumes of to-day with those of mother's time with a dialogue on the hygiene of clothing. The domestic science classes gave a picnic party in which they showed the principles of fire building, of first aid, and of food in relation to health. About 400 parents and teachers were present, and at the end of the program the girls of the domestic science department served them with 1000 small sandwiches, 1500 small cakes, 12 gallons of hot chocolate, and 400 mints—all of which they had made in class. The O Street Vocational School (colored) observed Thrift Week, and each afternoon at assembly had a program bringing out some special phase. The most interesting perhaps was an original play, "Why Pay Bills Promptly" written by Mrs. V. T. Turner, instructor in homekeeping and cafeteria operation. The play emphasized the value of good financial habits in character building, showed what makes for ability in salesmanship, and proved effectually that it is worth while to be prompt in paying all bills. Budget Day was demonstrated by the advanced classes in dressmaking. The pupils who had the program on Bank Day opened bank accounts.

Washington Branch, American Association of University Women. Three groups of members are studying the behavior characteristics of the pre-school child as a part of the program of the Association on preschool and elementary education. Last year, it will be remembered, the Association received a grant from the Laura Spellman Rockefeller Fund to carry on this work for two years. The Washington study groups, like about one hundred others scattered all over the United States, are using the general outline prepared by Dr. Lois Hayden Meek, educational secretary of the Association. The Washington women are also serving somewhat as practice groups on which Dr. Meek can try out more detailed outlines before distributing them to other branches. At two of the recent meetings C. Rowena Schmidt, of the U. S. Bureau of Home Economics, led the discussion on the nursery school and feeding problems of young children. The members of the District groups are among those assisting Miss Schmidt in collecting data on the psychology of child feeding (see page—).

U. S. Bureau of Home Economics. Two more scientific workers have been added to research staff. Lucy M. Alexander, a graduate of Vassar College and of the University of Illinois, has been appointed assistant specialist in foods to conduct experiments on the making of yeast breads from soft wheat flours. Esther C. Peterson, M. S. in textile chemistry from Iowa State College of Agriculture and Mechanic Arts, is a junior specialist in the division of textiles and clothing and will assist in the experimental work being done in connection with studies on home laundering.

FLORIDA

Florida State College for Women. A recent guest was Miss Ulla Christensen, of Denmark, who is in this country to study methods of home demonstration work and who addressed the students in the school of home economics on "Home economics and home living in Denmark."

In February the Woman's Club of Tallahassee met at the College for its annual Home Economics Day. Miss Helen Carter of the college staff talked on dress appreciation, and Dr. Jennie Tilt of the nutrition department discussed some phases of the energy metabolism, demonstrating, with the apparatus in use at the College, the method of determining the basal metabolism.

Home Economics Clubs in High Schools. For several years the Tampa High School has had an active home economics club, under the leadership of Miss Boletha Frojen. During the current year news has come to us of two other strong high school clubs: one at Palatka, started through the interest of Lucy Jefferies; and the other is at Fort Myers, where Mrs. Joy Belle Hess is teaching.

GEORGIA

Georgia Home Economics Association. The sixth annual convention was held in Macon April 17 and 18. The association more than doubled its membership this year through the efforts of an active membership committee and a large proportion of the members attended. The interesting program included talks and conferences on the relation of home economics to better homes and healthier children for Georgia, and better methods of teaching home economics and standardization of courses of study were discussed. The following resolutions were passed:

That every school child in Georgia should have access to a suitable school lunch; that the school lunch should encourage and foster health practice; that these lunches should be sold for the benefit of the children from a nutritive standpoint, and not for the profit of any individual, group of individuals, or for any particular cause other than the improvement of facilities for serving than increasing the efficienty of the school lunch; and that these resolutions should be sent to the press, parent-teacher associations, women's clubs, and to school officials of the state.

The Georgia Education Association, the Physical Education Association, and the Georgia Branch of the National Congress of Parents and Teachers held their annual conventions at the same time and place. It is interesting from a home economics standpoint to note that the theme of the opening session of the G. E. A. was "Home and agricultural resources," with Dr. Louise Stanley of the U. S. Bureau of Home Economics giving the opening address on "The specific contribution of the home to life in Georgia."

State College of Agriculture. The Laura Spellman Rockefeller Memorial Foundation has made an award of $12,000 to establish a department of parent training, the work to cover three years beginning July, 1925, and to be under the direction of Martha McAlphine who is now studying at Columbia University. This marks an important educational advancement for Georgia and will undoubtedly influence the home economics movement as training for parenthood means training for homemaking.

Home Economics Club, Fulton County High School. The club was organized in October, 1924, and is now affiliated with the Georgia and American Home Economics Association. The girls have full charge of the club work, but have the privilege of seeking advice from the two advisors, Miss Bunch and Miss Harvey. They have two meetings each month, one a business and the other a social meeting.

As a part of our work we took the weight and height of each pupil in the school, gave talks to the underweight and overweight pupils, telling them foods that they should eat to remedy the condition, and what an important part exercise and regular habits play in health.

Members of our Club also aided in the Georgia Parent Teacher Association Nutrition Contest, suggesting and encouraging the mothers to prepare and serve well-balanced meals, loaning books on food, and discussing the relation of food to health. As the girls were so enthusiastic, the mothers and teachers were very much interested in this contest.

Another thing that the members of our club have done is to submit four essays in competition for the state prize given by the Georgia Home Economics Association.

ILLINOIS

Conference on Teacher Training. Home economists from the five state teachers colleges and the University of Illinois met at the Illionos State Normal University in March to discuss problems and difficulties in training home economics teachers. The conference proved so helpful that Celine Neptune of Northern Teachers College, DeKalb, was appointed to arrange for a similar conference next year.

Central Regional Conference for Vocational Homemaking. Supervisors and teacher-trainers met with representatives of the Federal Board for Vocational Education

April 13–18 at the Edgewater Beach Hotel, Chicago. This was immediately followed by a conference of teachers of home economics in evening schools, with Miss Baylor of the Federal Board as leader.

High School Home Economics Clubs. The home economics clubs connected with the high schools in Illinois have proven valuable assets to the schools in which they are located.

Whether or not a school shall have a club is left entirely to the school, but seventy-five per cent of the vocational homemaking high schools in Illinois report them. Some clubs have quite fanciful names such as The Armstrong Unit, the DeLaBola, The Stitch and Stew, The Agenda, The La Circle De Foyer. The qualifications for membership vary, but all have the common requirement, that a member must either be taking work in home economics or must be extemely interested in homemaking activities. In some of the clubs boys asked for admission and have been granted associate membership with the understanding that they take an active part in the club meetings. Some of the high school clubs admit the mothers of the students to membership. In other cases the high school club is an auxiliary of the domestic science club of the town. Various clubs have reported coöperating with country clubs, farmers institutes, civic organizations, women's clubs, and religious organizations of the town.

Seventy-five per cent of the clubs assist with the home project work. Many teachers report that the open meetings of the clubs have helped the mothers to see the needs of homemaking classes and often have resulted in the mothers offering their homes for practical work. Many of the clubs work during the summer. In the fall of 1923 the vocational homemaking clubs exhibited at the State Fair together with the girls clubs fostered by the extension department of the University.

In December 1922 a committee from several clubs selected a State club pin, an oval design showing a chimney place with open fire, and bearing the words "Vocational Home Economics Club." During the first year fifteen hundred girls purchased the pins. More than four thousand are now wearing them. Further information regarding the pins may be obtained from Miss Adah Hess, Home Economics Supervisor, Board for Vocational Education, Springfield, Illinois.

INDIANA

Indiana Home Economics Association. The annual meeting at West Baden opened with a banquet at the West Baden Hotel on the evening of April 3, at which Miss Clara Locke presided and Mrs. Alice P. Norton gave an interesting talk on home economics at Constantinople. Next day at the morning session Mrs. Maud Hollenback reported for the committee on a course of study in elementary schools. Miss Adah Hess, Illinois state supervisor of vocational home economics education, gave an address on "Vitalizing home economics teaching," and Miss Lita Bane told of the aims and activities of the American Home Economics Association. Following a luncheon and business meeting, Mrs. O. M. Pittinger, president of the Indiana Federation of Women's Clubs, spoke on "Homemaking," predicting the speedy return to normal home life and urging so-called college insurance for families with growing children, and Dr. J. O. Engleman, superintendent of schools in Terre Haute, sketched the rapid development of home economics, especially in rural regions, and urged closer coöperation between schools and homes.

Conference of Home Economics Supervisors. This proceeded the meeting of the Indiana Home Economics Association at West Baden on April 3. There were informal discussions of live topics, special papers by Myra Ada Hillder of South Bend, Nell Jones of Logansport, and an address by Miss Adah Hess, of Illinois.

University of Indiana. Two interesting conferences were recently held at the School of Education, the second annual conference on elementary supervision on April 16, and the twelfth annual conference on educational measurements, on April 17 and 18.

Arsenal Technical School Club, Indianapolis. In January, 1923, a previously existing club was reorganized as the Technical

High School Home Economics Club with a constitution based on that of the American Home Economics Association and thirty-five charter members. Membership is open only to girls who have been in the school for one semester and have an average grade of B in home economics subjects. The club meets every other Tuesday at the tenth hour and the executive committee on the alternate Tuesdays. The president for the first semester of 1924–25 was Hilda Kreft and the secretary Ruth Armel. Miss Geraldine Hadley, vice-principal, is head of the home economics department, in which are enrolled 850 of the 2143 girls in the school. The club has been prominent in school activities; during the meeting of the National Society for Vocational Education last December the club members took part in two health plays given by the home economics department in the neighboring Francis Potter Fresh Air School. The Club now serves at the banquets held on the Technical Campus, wearing dainty uniforms of its own designing; for example, at the recent luncheon for the Indiana Women's General Assembly Club classes in the foods department prepared the entire menu. The girls are also active in welfare projects sponsored by the advisor of girls, and have been active in the "Big Sister" movement.

IOWA

Iowa State Home Economics Association. November 6, 1924, began a new era in the history of the Association. Since that date the Association boasts an official organ—the *Iowa Homemaker*, a monthly magazine.

The fifteenth annual meeting of the Association was held in the Hotel Fort Des Moines, November 6 and 7, 1924, with an attendance of 250. The conference opened with a 12:30 luncheon, followed by a business session. Teaching, homemaking, journalistic, and other phases of home economics were represented in the group of eighty-four women who sat down together. Following are the officers of 1924, who were responsible for this splendid meeting: president, Neale S. Knowles, Ames; vice-president, Lillian G. Orr, Sioux City; secretary-treasurer, Iva Brandt, Ames; councilor (acting) Avis Talcott, Ames; chairman of publicity committee, Mrs. Edith Baker, Davenport; chairman of membership committee, Margaret Baker, Ames; chairman of normal training committee, Elizabeth Lamb, Burlington; chairman of program committee, Julia Hurd, Ames. New officers elected for the coming year are as follows: president, Lillian Orr, Sioux City; vice-president, Mrs. Casper Schenck, Des Moines; secretary-treasurer, Margaret Baker, Ames; councilor, Frances Zuill, Iowa City; chairman of publicity committee, Josephine Wiley, Des Moines; chairman program committee, Genevieve Callahan, Des Moines; chairman extension committee, Avis Talcott, Ames; chairman homemaker committee, Anna Marguerite Olson, Des Moines.

Other business, old and new, was cared for. The magazine was the great stride. It was believed that the membership could be increased materially only through the passing on of association information. The *Iowa Homemaker*, a magazine published by the Home Economics Division of Iowa State College has already won for itself an enviable place. Its board was willing to coöperate and give from one to three pages of State Association news each month. The members of the Association did the rest by voting to make it the official organ of the association. Subscription to this magazine for members is now seventy-five cents, to non-members a dollar and a half.

An excellent program followed the business, adult education being the theme of talks by Mrs. Anna Burdick, federal agent for industrial education, and Mrs. Ralph Cahow, a farm woman.

The keynote of the program on the second day was a closer relationship between teacher, homemaker, and extension worker so that all might work with more unity for higher standards in home economics. Addresses were given by Miss Anna E. Richardson, dean of home economics, Iowa State College; Mrs. Clara Ingram Judson, author, homemaker, financial advisor; Professor

Franklin H. Bobbitt, University of Chicago, School of Education; and Miss Frances Zuill, head of home economics, State University of Iowa.

The Association recommended to the new president that she appoint a committee composed of teachers, homemakers, and extension workers to work out home economics standards.

Iowa State College. Work began March 1st on the new home economics building, which will be a fitting expression of the ideals of home economics, in its beauty and utility. The space is so arranged as to make it unified, yet usable for many purposes and all of the artistic aspects have been most carefully worked out. Outstanding features are abundant laboratory and storage space; excellent facilities for research work; the auditorium, seating over a thousand and easily adaptable for receptions and banquets; its modern equipment for child care and training; the large tea room and other institutional features; the homemaker's department; the conference rooms for faculty and students. The building, which is in the Italian Renaissance style, will be approximately 300 feet long. The central portion containing the auditorium will be three stories high and the two wings, one of which will incorporate the present building, will be two stories high.

During the week of April 6 a conference was held on the subject of the teaching of related art and related science. Miss Mabel Campbell of the Federal Board for Vocational Education directed the conference and those who took part were Miss Fern Stover, state supervisor; vocational teachers from all over the state; the members of the teacher training staff and technical staff; and senior students who have completed their student teaching and expect to enter vocational schools.

On March 6 the costume design classes of the applied art department presented their third cooperative style show. The correct ensemble for the person and the occasion was the project. Mannequins were chosen through open competition. Members of the physical education and textiles and clothing departments acted as judges. Stage setting and music as well as the costumes were selected by the students in the classes. The merchants of Ames cooperated, furnishing all the costumes and accessories displayed.

MASSACHUSETTS

Massachusetts Dietetic Association. The program of the ten monthly meetings has included two business meetings, the second the annual meeting and banquet held at the Women's City Club, Boston, on May 26, two round table conferences, and the following special talks: "Preparing and serving fish" by Guy P. Hale, sales manager, Shattuck & Jones Company; "Personal problems in adjusting employees in the food industry" by Dr. Harrison Harley, Boston Art Club; "Purchasing of food supplies" by Arthur A. Patten, manager, Marston's Restaurant; "Importance of correct posture" by Dr. Lloyd T. Brown, Massachusetts General Hospital; "Rôle of protein in the dietary" by Dr. Hilding Berglund, Harvard Medical School; and "Opportunities in the editorial field for securing results in home economics research" by Katharine A. Fisher, Good Housekeeping Institute.

MICHIGAN

Detroit Home Economics Association. Miss Lita Bane was the guest at the annual meeting in March. Miss Bane outlined the work of the national association and gave an interesting report of its growth during the past few years.

Grand Rapids Home Economics Club. The Club brought the Jolly Jester, a health clown, to town the week of January 11. Through the efforts of each member, enough money was raised to give the performance free to nearly all the high school students and to all pupils in the grades from the fifth to the ninth.

Conference on Home Economics. The second state conference in home economics was held April 2–4. The sessions on the first and last days were in Ypsilanti and were devoted to discussions on food courses, clothing problems, home projects, text books,

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illustrative material, and other phases of home economics work. The meetings on April 3 were held at Ann Arbor in connection with the Schoolmaster's Club. The morning session was spent in discussing the relation of home economics to the rest of the curriculum. At the afternoon session, the regular meeting of the home economics section of the Schoolmaster's Club, Miss Davis of Highland Park High School gave a talk on health as a problem of the secondary school home economics teacher, including the point that a teacher in order to teach health successfully must radiate it.

Miss Cleo Murtland of the University of Michigan spoke on "Contributions which home economics may make in training girls outside of home economics," mentioning wholesome competition, respect for contract, reasonable compromise, respect for authority and control, and training in finance.

The conference was arranged by Ruth Freeyard, state supervisor of home economics and its success is due to her efforts.

Merrill-Palmer School. Miss Mary Sweeny, who served as president of the American Home Economics Association for two years and later as its executive secretary, is now in charge of the nutrition work at the Merrill-Palmer School.

Traverse City. A Little Mother's League has recently been organized by a state nurse in the Junior High School. The course lasted for six weeks and the girls were given instruction in such subjects as disease and accidents. Note books were kept and much interest shown.

Ypsilanti State Normal College. The home economics and health departments held a meeting recently to which all who furnished food to the students were invited. The purpose was to create interest in providing the right kind of food for the students' selection. Posters and prepared dishes were exhibited and much interest was manifested by the guests.

MISSISSIPPI

The Mississippi Home Economics Association. A well-organized membership campaign is under way which expects to go over the 200 mark before the annual meeting. The secretary is acting as the state chairman for membership, and with the help of the sectional chairmen, district chairmen, and district representatives of the sections hope to see that every person in the state who should belong is urged to join. The chairman of the extension section reports five contributing memberships and the teachers section four. There is no doubt about the Mississippi Association reporting at least ten $5.00 memberships to the American Home Economics Association before the San Francisco meeting.

Mississippi State College for Women. There will be a summer school this summer for the first time in many years. The department of home economics will be open and a good attendance is anticipated among home economics teachers.

Home Economics Club. This year our home economics classes of sophomore and senior majors are working on a system of individual score cards. These give each student an opportunity to determine in which phase of the work she is least efficient and helps her to plan her summer project. Such points as methods of manipulation and organization are considered as well as the finished product.

In our junior food course, required of all juniors, the girls have worked out their dietary requirements and the over and under weight girls are attempting corrective diets, and are considering in class such special cases as anemia and gastric ulcer.

The guest at our last club meeting, Miss Esther Rogers, state supervisor of vocational home economics, was here in the interest of the seniors who are planing to teach home economics in Mississippi next year.

The senior practice teachers are conducting two evening schools to teach the principles of home economics to married women and to girls who have been unable to finish high school. Most of them come from the hill district and work during the day. The classes are held twice a week, one in a home economics laboratory on the campus, and the other in the Salvation Army chapel.

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Journal of Home Economics

THE NURSERY SCHOOL MOVEMENT AND HOME ECONOMICS

ARNOLD GESELL

Director of Yale Psycho-Clinic, Yale University

Is this pre-school child movement just another fad? Significantly enough we do not hear this question asked very often. There is a growing realization that the many activities which are making a stir in the pre-school field of child welfare have arisen out of fundamental necessities. Society is very evidently casting about for more basic methods of protecting the development of the pre-school child. The movement as a whole has ramifications, which are both wide and deep.

In the very nature of things it must have far-reaching implications for all students of home economics. The present-day interest in the welfare of the pre-school child is a revival on a higher and more comprehensive basis, of the child study movement of a generation ago. But this new interest is more than a popular one; it is avowedly shared by professional workers in medicine, psychiatry, psychology, mental hygiene, social work, and education. Leaders in public health and school administration are recognizing the need of new policies which will give the pre-school child more adequate social protection. A quiet but steady revolution in the socialized control of the early period of childhood is well under way.

Now why should there be this somewhat sudden concern for the pre-school child? The reasons are many and they are convergent. Here are a few.

1. The pre-school age is the most critical in the whole span of development. More deaths, damages, and defects occur in the first half decade of life than in any comparable subsequent period of life.

2. The birth rate in civilized countries has been on a steady decline. This must be partially compensated for by better care for the children

born. Families are smaller; society therefore places a greater premium on the infants that are born.

3. Adult physical stamina is conditioned by healthy development in infancy and childhood.

4. Public elementary education has not proved a fully adequate instrument for insuring the child's health and education.

5. The home needs more social recognition and support. Parents need more training and guidance in the socially significant problems of child care.

These considerations all hang together, and their combined weight has created what we vaguely characterize as the pre-school movement. Some have felt that this social solicitude for young children portends a weakening of the home. But why should it? Why does it not rather signify a promising effort to strengthen the efficiency and to supplement the shortcomings of the present home? Why not regard it as a constructive adaptation to new conditions, which demand some revisions in the present economy of the home? We may well look to leaders in home economics to reveal dangers if there are any, and to give guidance and impetus to those activities which are moving in the right direction.

The new social concern for the pre-school child has come to tangible expression in the nursery school. Both in England and America we have a nursery school movement, which the World War has accelerated.

As early as 1908 in England the Board of Education reported through one of its committees: "(1) that the infant schools of the time were unsuitable for very young children, both as regards hygienic conditions and mental occupation; (2) that, nevertheless, large numbers of children would be left all day uncared for or unsuitably 'minded'; if they were not allowed to come to school before the age of five."

Ten years later the English Parliament enacted in the Fisher Education Act of 1918 a clause permitting local education authorities to support nursery schools or classes for children over two and under five years of age "whose attendance at such a school is necessary or desirable for their healthy physical and mental development."

Margaret McMillan, who is both a pioneer and a spokesman for the British nursery school idea, sums it up in three sentences: "Our feet are on the threshold of a new world—a world where we shall deal mainly with causes, not effects, with prevention rather than cure." "The fact that we can take two or three hundred children into an Open-Air Nursery School without risk of infection, without risk of overcrowding,

without risk of mass treatment for all, has disposed forever, one hopes, of the bogies that frightened the authorities when the work began. It makes possible the gradual transforming of all Infant Schools into Nursery Schools—a thing which will make possible a new preventative service working at all our great social evils from *the base*."

In America, the nursery school has not received the degree of official recognition which has been granted to it in England. The economic and social pressure has not exerted the same visible force as abroad. The whole question is being approached in a more tentative and experimental spirit; but the readiness which a few larger cities like Washington, Detroit, Los Angeles, and Cleveland have shown to readapt the kindergarten, suggests that we may soon develop a broad public policy in relation to the education of pre-school children. Indeed Los Angeles has taken over as many as sixteen day nurseries and made them an integral part of its school departments. Highland Park, Detroit, has established a nursery school as part of its public school system.

In the present formative stage the nursery school raises a group of significant questions. Should the kindergartens begin to admit on a part-time arrangement children from two to five years of age? What should be the relation between infant welfare work, the health service of child health centers, community nurseries, clinics, kindergartens, and pre-kindergartens? How can we relate homemaking education in all its forms to this vast field of pre-school education? How can we develop measures of parental guidance, which will safeguard the parent-child relation and increase the educational efficiency of the home?

These questions are so complicated and yet so vital that we should welcome rather than fear the nursery school in the present experimental form. For we may use this nursery school as an instrument to define our problems and to perfect our methods of approach. It would be unfortunate if at this early date, the nursery school were accepted as a perfected device for uncritical imitation and duplication. Surely the nursery school should not grow into an altogether independent addition to our present social organization.

But it is a powerful touchstone for pointing the way. Through it we can learn how to make constructive readjustments in the home, the kindergarten, and public health agencies, which will protect the developmental welfare of the pre-school child. How can the economics of the home be most safely revised to meet the new issues?

WHAT IS PROGRESS IN NUTRITION?[1]

MARY SWARTZ ROSE

Teachers College, Columbia University

Not long since, I came upon a volume published just one hundred years ago, promising much from its title: "The Family Oracle of Health, Economy and Good Living, Adapted to all Ranks of Society from the Palace to the Cottage" (1). Nor was I disappointed upon opening its covers. The frontispiece indicated that food would be treated seriously. In the foreground was a table, upon which stood a large jar labeled "Hot Milk." About the table were three men drinking, presumably from the aforesaid jar. In the background to the right was the "Larder of Good Living" upon whose shelves stood commendable viands, while on the left stood the "Larder of Death" to warn against infringement of the laws of health. Says the author:

> It has always puzzled me exceedingly to account for good eating being so often made the subject of vulgar and irreverent jesting. A matter of so much importance to all as the support of life by delicious nourishment ought, one should think, to be treated with some seriousness and gravity. . . . . In performing this arduous task I have had recourse to Botany, Zoology, Physiology and all the sciences which bear, directly or indirectly, on the great processes of eating and digestion.

This was easier in 1824 than it would be today, and simpler than Dr. Crell anticipated, for he goes on to say:

> It will scarcely be believed, and I could not, when I began my research have anticipated, that chemistry, which is peculiarly the science of the table, should have so greatly disappointed my hopes: and it is doubtless rather singular, in this age of improvement, when we find so many Easy Introductions to Chemistry in everybody's hands, that almost none of them, no not even the voluminuus systems of the science, mention in detail the processes so important to our existence as the preparation of food and drink.

Perhaps he had an opportunity ten years later to read Prout's Bridgewater Treatise on "Chemistry, Meteorology and the Function of Digestion" and Dr. William Beaumont's Studies of "Digestion in the Stomach"; or to come in contact with the work of Justus von Liebig, who at

[1] Based on a paper presented at the 17th annual meeting of the American Home Economics Association in Buffalo, June, 1924.

this time was just entering upon those investigations which established proteins, fats and carbohydrates as "proximate principles" of food.

Be that as it may, our author has no uncertainty as to the specific virtues of many a food. Take, for example, "The Effect of Oysters on Health and Disease:"

> Oysters are a mild, balsamic, and cooling article of food and are of the utmost comfort to those who are troubled with warm flushings of the face and other feverish symptoms. . . . . A young lady of very narrow chest and slender consumptive make—whose mother and two sisters had died of declines—by avoiding beef, mutton, pork and all sorts of red meat and confining herself wholly to a diet of oysters and other shellfish while they were in season and to boiled chicken and other white meats, with biscuits instead of bread and rice instead of fresh vegetables, soon became healthy and active and escaped for many years the dangerous decline which threatened her.

A good thing may be overdone, however, and our author gives a comforting thought:

> when too many oysters have been eaten we have an infallible and immediate remedy in hot milk of which half a pint may be drunk and it will quickly dissolve the oysters to a bland, creamy jelly.

How quaint and amusing this is when it bears the date of 1824! Should we expect anything like it in 1924? Yet fresh from the press comes this:

> Within the next five years the vitamin theory as now exhibited will be as dead as the calorie theory, which is no longer exhibited at all despite all the noise which it once made, and all the scientific men of the world will by that time have accepted the indispensable, ever-precious and ever-more-wonderful mineral salts, colloids and solubles of whole foods, particularly greens and sprouting foods that are in a state of biochemic activity, as the keystone of the arch of nutrition, natural immunity, resistance to disease, growth, strength, endurance, vitality and normal life.

A "national authority on nutrition" (self-styled), attempts to popularize knowledge of the sources of vitamins in a running account because tables are too hard for the public to read. "Chard contains fat-soluble A or growth promoting and water-soluble B or antineuritic vitamin." So it does, but precisely that same statement is made for parsnips and peanuts! Onions are rightly said to contain water-soluble C or antiscorbutic vitamin, but no mention is made of their B vitamin, while honey is by implication a practical source of this! After such

garbled information (?), it is not surprising to find the next author one who would supply "recipes rich in vitamins," recommending boiled codfish and stuffed calves hearts—perhaps the one onion in the bread-crumb stuffing does the trick. This might not seem so significant, were not the next book taken from shelf also a guide to eating, which says by way of preface that one of the author's main sources of information with regard to the vitamins is this very book which I have just cited.

A magazine which claims a wide circulation starts an article with a perfectly sane quotation from the Journal of the American Medical Association: "It is doubtless the state of balance or the equilibrium of the ions of metals that determines the character of cellular life and directs it in definite paths," and then regales its readers with such misinterpretation as this:

> When that principle is accepted and understood as basic to normal life and health, you will see most of the human ailments disappear. There will be no iodizing of salt or water for the prevention of goitre, but a demand that natural foods be not deprived of their iodine. Instead of diabetes showing a steady and alarming increase, there will be an eradication of the condition entirely because natural foods containing their natural mineral in balanced relation will make the deficiency known as diabetes impossible.

Verily there are many interested in what Professor Robinson calls the "humanizing of knowledge," but let us pray for a little more knowledge before the humanizing is begun! We may not be able to control all the food quacks, but shall we not see to it that our own home economics students have a scientific background adequate to make them wary and keen to discriminate between pseudo-scientific twaddle and true science? What but an inadequate knowledge of general physics causes the perpetuation among us of the statement that the reason for eating breakfast cereals is to keep the body warm? Somehow this idea fires the imagination and, once fixed, it takes more than one college course to eradicate it. It takes real effort to shift from this to the facts that we eat cereals because they are cheap, because they are good carriers of milk, because they digest readily, because, being bland in flavor, they form a good background for other foods in a meal.

Some would seem to rest content with the idea that all the problems of nutrition can be solved by the simple formula, "eat more milk and vegetables." Of course no one will deny the importance of increasing

both of these in the American dietary but it is not safe to assume that an ideal diet will result. Study of the dietaries of several groups of children, all having an excellent supply of milk, and none being very low in vegetables, has shown that the commonest single dietary defect is shortage of total calories, sometimes through too low a supply of fat and sometimes through a very limited intake of cereal foods. Furthermore, such a simple formula does not protect the appetite and digestion. However much a liberal vitamin intake may contribute to the health of the digestive tract, we shall not be relieved of the necessity for constant care of this hard-worked and complex mechanism. An automobile party stopped for lunch. The food was simple and ample. After luncheon the eight-year-old boy developed a stomach ache which interfered with everybody's happiness for two or three hours. Study of the situation revealed that the lad had eaten two bananas entirely too green for any one to eat raw. Here was fruit, most wholesome fruit, badly used. The fact that the banana has been rising in our estimation since we discovered that it makes a better vitamin showing than the apple does not excuse us from care as to how it is eaten.

The Division of Medicinal Products of the American Chemical Society recently printed a set of rules for its guidance (2) with the comment that "the old patent medicine methods are being applied in more subtle form to every chemical discovery which has the slightest bearing on the treatment of disease" and hence "no section needs to exercise so strict a censorship." The same applies to foods. There is being advertised a product credited with curing, all by itself, seventy-nine diseases.

There has been a growing tendency to disparage chemistry as a tool of nutrition. As one puts it, "Science stopped analyzing foods and began to study their effects." Here are two fallacies, first that knowledge of the ultimate components of food is all that chemistry has to offer to nutrition; the other that the so-called "biological method" is anything but another way of analyzing foods, a way which produces little of value unless it is used with chemical standards of precision. The value of results depends upon how well the animals are standardized as to heredity and past nutrition, how fully natural variation is taken into account, how carefully food intake is measured, how accurately growth, morbidity, and mortality are recorded and evaluated. Sherman and several of his co-workers have recently set us shining examples of this kind of chemical work. For instance, to "analyze" a food for its content of a certain vitamin, a set of test reagents (rats) will be chosen with the same care as a set of test tubes

for colorimetric determination of hydrogen ion concentration, the mother rats all on the same diet for at least one (preferably several) generations; litters of the same age, animals of the same initial size approximately; litters distributed as evenly as possible over the various lots; the number of males and females in each lot practically the same; a considerable number (not less than ten) specimens in a lot; a basal diet rigorously tested to be sure it meets fully every need except that for the vitamin under investigation; a profitable period of growth (i.e., one which gives constantly comparable results); and finally a statistical study of the data collected as to growth (so that the probable error shall be no more than 2 to 4 per cent). Only by such meticulous care are quantitative data of value secured. If we are to have home economics workers contributing to research in nutrition, or even successful surveyors of such research, they must be trained in chemistry to the point where they can think steadily in true chemical fashion and bring to their work fine chemical technic.

Studies with the white rat have served to impress two important factors in judging of the results of experimental work. One is the significance of time. You will recall that the problem of growth seemed to be solved when a rat could be kept growing for three months with the "water-soluble vitamin" added to a diet believed to be adequate in all other respects, and how it was only by continuing the experiment longer that the need for another vitamin (A) was realized. The other thing is the value of growth as a criterion of an adequate diet. In trying to carry this over to the human species we meet certain difficulties. We cannot control heredity and environment; many factors have determining influence on human growth—rest, mental states, physical defects. We believe we know for American children something of the rate at which they should increase in weight; we have not comparable knowledge as to other nationalities. We know as yet very little of the significance of growth in height. Is Dr. William Palmer Lucas right when he says, "Take care of the inches and the pounds will take care of themselves"? Dr. Fritz Talbot has just published (3) a study of measurements of children—head, abdomen and chest circumference, arm, foot, and leg length, as a contribution to the problem of standards of growth. We have an investigation in progress under the auspices of the newly created Child Welfare Research Institute of Teachers College which involves a group of about fifty children between the ages of two and six years. We are trying to answer what seems like a simple question: What is the place of the egg in the diet of the

young child? We hope to get a partial answer in a year, but inasmuch as a year is as but twelve days in the life of a rat, it is obvious that it will be necessary to have recourse to animal experimentation for the complete answer.

(To be continued)

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VITAMIN C IN FRESH AND CANNED PINEAPPLE

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An earlier report (1) has shown that both fresh and canned pineapple are good sources of vitamin A and B. The present paper represents another part of the study of the vitamin content of this fruit and the effect of the canning process thereon, the experiments here reported bearing especially on the antiscorbutic value of fresh and canned pineapple. All the canned pineapple used was canned by a standard process reported previously (1).

Hydrogen ion concentration of pineapple. Sherman and others (2) have shown relation of hydrogen ion concentration to the stability of vitamin C. For example, when the pH value of canned tomato juice was reduced by partial neutralization and the juice heated at various temperatures, the destruction of vitamin C was increased as the acidity decreased. Also, oxidation during the heating process was found to increase the rate of destruction of vitamin C. In view of these facts, it seemed desirable to determine the pH values for fresh and canned pineapple.

The hydrogen ion concentrations of fresh pineapple juice were made at the University of Hawaii with the least possible delay from juice collected at the cannery by taking slices of pineapple as the pieces passed to the can, squeezing out the juice through one layer of cheese cloth, and making colorimetric determinations checked by the potentiometer. An

attempt was made to select a series from the greenest to ripest fruit as judged by appearance, and nine specimens arranged in order of increasing ripeness gave the following pH values: 3.64, 3.50, 3.50, 3.65, 3.53, 3.63, 3.75, 4.07, and 3.95. This shows a pH value greater than canned tomatoes of natural acidity, given as 4.3 by Sherman (2).

The hydrogen ion concentrations of juice drained from six canned products showed an even smaller range of figures, as is shown in the table.

Hydrogen ion concentration of canned pineapple

QUALITY OF PRODUCT	pH
Extra, 55 per cent sugar syrup	3.62
Extra, 55 per cent sugar syrup	3.75
Extra packed whole pineapple in neutral juice, no sugar added	3.55
Standard, 35 per cent sugar syrup	3.70
Standard, 35 per cent sugar syrup	3.75
Crushed pineapple, no sugar added	3.55

The writer wishes to thank Dr. H. F. Bergman of the Botany Department for assistance in making the pH determinations.

Vitamin C in fresh pineapple. The method followed for determining the vitamin C content of pineapple was similar to that employed for vitamins A and B (1) save that guinea pigs instead of rats were used. They were kept in wire cages that were cleaned daily. During the experiments they were weighed every other day, fresh food was given daily, and approximate food records were kept. The animals were especially bred for experimental purposes, the mothers receiving a diet of whole oats with an abundance of fresh alfalfa, which is procurable in Hawaii the year round. The young were taken from the mothers' cages at four weeks and given the same diet until their weights reached about 350 grams, when they were placed on the following diet, worked out by Dr. H. C. Sherman of Columbia University:

	per cent
Whole oats ground as needed	59
Skimmed milk powder (Klim) heated in open trays at 110°C. for 2½ hours	30
Butter fat	10
Sodium chloride	1

The procedure recommended by Sherman was adopted of placing the young guinea pigs on this diet plus alfalfa for a few days. When the alfalfa was removed, the weight curve usually made a slight drop, came

up again, and then went down at the onset of scurvy, at which point the pineapple feeding was begun. Only animals between six and eight weeks of age were used whose weights were about 350 grams before the alfalfa was withdrawn. The periods during which the guinea pigs were fed the fresh pineapple varied from 55 to 90 days.

The growth curves for seven guinea pigs receiving fresh pineapple are given in chart 1. Irregularities in the curves are due to the fact that on some days the food was not completely consumed. Sometimes much of the food would be scratched out on the floor of the cage and would fall through the screen bottoms where it could not be reached. Apparently normal guinea pigs sometimes showed erratic tendencies in their food consumption, with resulting fluctuations in the growth curves.

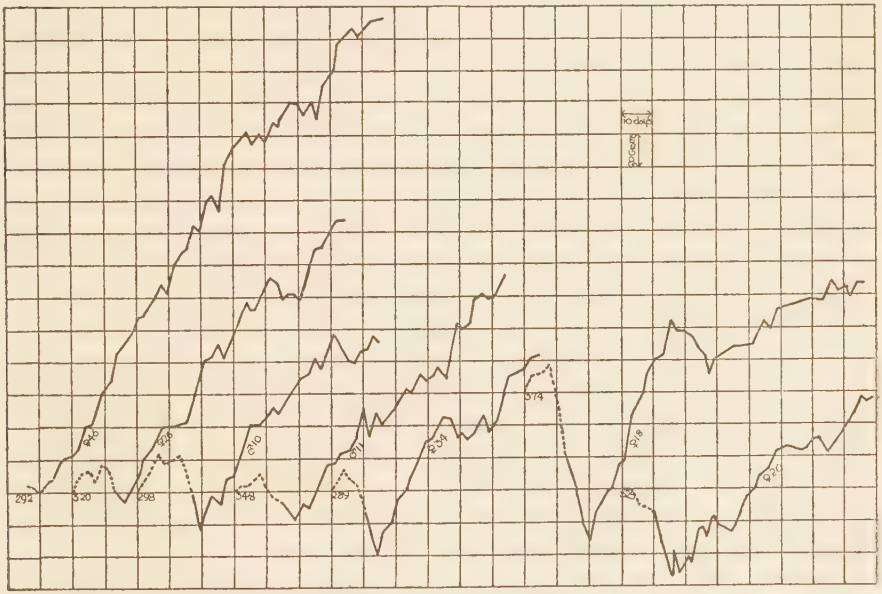

CHART 1. Growth curves of guinea pigs receiving fresh pineapple as source of vitamin C. The dotted lines represent the period following the withdrawal of fresh alfalfa, the solid lines that during which pineapple was fed. The numerals indicate the weight in grams when the alfalfa was withdrawn.

When fed five grams of fresh pineapple daily the animals recovered from their disconsolate appearance, did not cry when picked up, and most of them showed rather rapid gains in weight. All the guinea pigs were chloroformed and subjected to autopsy, which gave no apparent evidence of scurvy.

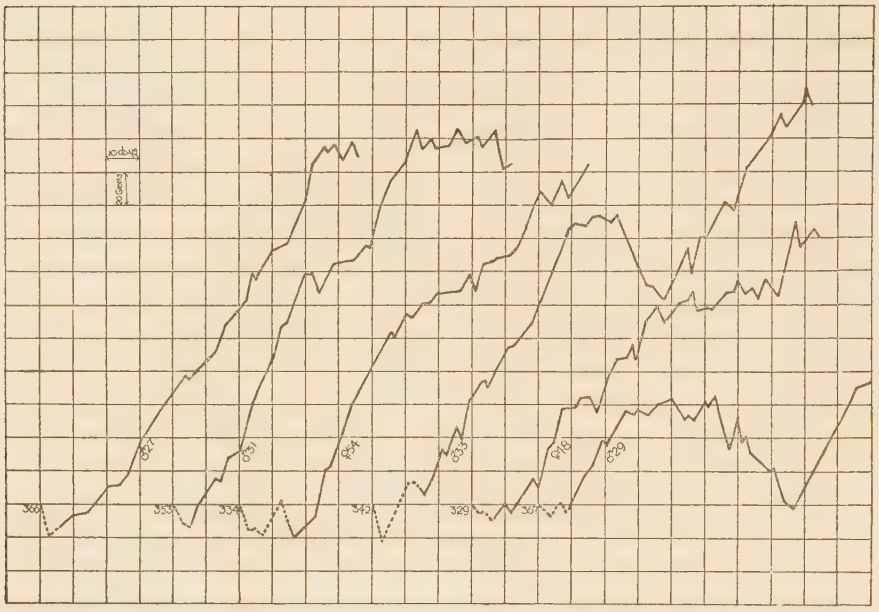

CHART 2. Growth curves of guinea pigs receiving canned pineapple as source of vitamin C.

The dotted lines represent the period following the withdrawal of fresh alfalfa, the solid lines that during which pineapple was fed. The numerals indicate the weight in grams when the alfalfa was withdrawn.

No attempt was made to establish definitely the minimum dosage of fresh pineapple required to prevent scurvy but three guinea pigs given 3 cc. of fresh juice squeezed from the pineapple after the onset of scurvy showed the following results:

Number 1 died in less than a month. Autopsy showed no hemorrhage, and one abnormal tooth.

Number 2 lived for two months after feeding began, gained 69 grams after the juice was administered, died suddenly, apparently from lung infection. Autopsy showed no marked evidence of scurvy such as looseness of teeth or hemorrhages.

Number 3 was killed after three months of feeding. It had gained in weight from 306 to 434 grams. When killed there was evidence of some intestinal disturbance but not of scurvy; teeth and bones were firm and there were no hemorrhages.

This would seem to indicate that the vitamin C content of fresh pineapple juice is rather high but not so high as that of canned tomato juice or orange juice.

Vitamin C in canned pineapple. The general procedure was the same as in the work with fresh pineapple. A few preliminary experiments with canned juice and canned fruit fed separately had not been highly successful, and the experiments here reported were therefore made with a combination of the fruit and juice. Since Vitamin C is water-soluble it is reasonable to suppose that considerable of the vitamin might be found in the juice of the canned pineapple. Seven grams of canned pineapple and 5 cc. of juice were fed each guinea pig daily. This proportion of juice and pineapple was found after several trials to be the ratio of juice and pineapples usually found in sliced canned pineapple and corresponds to 7.7 grams of fresh pineapple as it goes into the cans. Smaller amounts of canned pineapple in several cases did not prove successful. The pineapple was fed to the animals for from 90 to 120 days. The resulting growth curves are shown in chart 2.

Autopsies of the chloroformed animals gave no evidences of scurvy. In most cases these animals were not allowed to lose so greatly in weight before the pineapple feeding was begun as those on fresh pineapple, which makes it appear that recovery from scurvy was more rapid on canned pineapple. Actually they responsed to feeding in about the same way.

Since the amount of canned pineapple used was not exactly comparable to that of fresh, a definite comparison is difficult, but as it was not possible to secure permanent recovery and growth on 5 grams of canned pineapple it appears that there is some loss of vitamin C in the canning process. The hydrogen ion concentration of pineapple should prevent any marked destruction of vitamin C during the canning process; this consumes only 20 minutes from the cutting of the pineapple to the lacquering of the cans; the highest temperature reached by the fruit is 90° at which point it is held for 12 minutes. The excellent growth curves secured on 7 grams of canned pineapple and 5 cc. of juice would at least indicate that canned pineapple is a good source of vitamin C.

Although the growth curves of the guinea pigs on fresh pineapple cover on the whole a shorter period than those on the canned pineapple there is no doubt that the animals would have shown equally good curves for a longer period, as they were all in excellent condition when killed.

Conclusion. The hydrogen ion concentration of fresh pineapple juice and the juice of canned products is shown to lie between pH 3.5 and 4.0.

The fresh pineapple appears to be a very good source of vitamin C and the canned product slightly less good.

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THE EFFECT OF WASHING AGENTS ON LINEN AND COTTON FABRICS[1]

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Washing is recognized as a distinctly chemical process. "Every process of laundering a fabric, wherever or by whom it is done, affects the life of the fabric to some extent" (1). For ten years or more investigations have been in progress concerning the chemistry and physics of laundering, most of them for the commercial laundry. While the results may, to a certain extent, be applied to home practices, there seem to be no data to show whether or not the differences in the procedure and the solutions used affect the strength and appearance of the fabrics.

Previous work with various washing agents. Faragher (2) has experimented with single cotton threads. White threads of good grade were treated ten times with soap-alkali solution, a bleaching solution, an acid solution, and a solution of pure water. The threads were strengthened by the soap-alkali treatment but weakened greatly by the bleach and acid treatment. Their appearance was also materially affected by the soap-alkali, a wooly coating of loose ends being formed. On longer treatment with alkali (5 per cent sodium carbonate for $3\frac{1}{2}$ hours) only a slight lowering of breaking strength took place, though the color was not so clear and there was a marked roughening of threads. Similar results were also obtained with men's turnover collars.

Grün and Jungman (3) found that strips of linen and cotton fabric treated with hard soap, soda, sodium silicate, and perborate showed higher strength values with hard than with soft water. Goods washed with soap improved in luster and showed a brilliant white color by reflected light. Goods washed with soda showed a strong yellowing in

[1] The work here reported was presented by the senior author in partial fulfillment of the requirements for the master's degree at the University of Chicago.

transmitted light with a slight shade of pink by reflected light. After washing with silicate, goods were white but quite without luster, being dull and chalky.

F. N. Thies (4) discusses modern washing processes in the industrial and domestic laundry. For washing experiments, three solutions were used: soap, soap powder, and a so-called combination process or an oxygen washing agent. The results showed all these processes to be somewhat equivalent in effect on preservation of the washed goods, all showing decrease in strength value, slight at first, and increasing as the number of washings increased.

The investigators cited thus seem to agree that soap-alkali does eventually decrease the strength of cotton and linen fabrics, some showing first an increase followed by a decrease. Will a similar decrease also take place when a fabric is washed in neutral soap and under domestic laundry conditions? Every housewife recognizes the fact that soap powders assist in freeing dirt from fabrics, yet there seem to be no data comparing the life of a fabric washed repeatedly with soap-washing powder with that of one washed with neutral soap alone.

Experiments under domestic condition. The present paper gives the results of tests made by washing cotton and linen fabrics by ordinary home processes in distilled water, and in solutions of two washing powders and a neutral soap. Observations on the tensile strength, thread count, shrinkage, and general appearance of the two materials were made before washing and after ten, twenty-five, forty, and fifty washings.

Washing agents. Two well-known washing powders and one neutral white soap were used. Powder I was found by analysis to give a positive test for carbonate and to contain 52.56 per cent total matter insoluble in alcohol (probably Na_2CO_3), 26.15 per cent matter volatile at 105°C., and 0.72 per cent unsaponified matter and approximately 20 per cent soap. Its action on textiles would be typical of the large number of washing powders that depend upon Na_2CO_3 to increase the detergent action of soaps. Powder II was found to be largely soap, containing only 4.74 per cent moisture and 5.79 per cent unsaponified matter that had the appearance of paraffin. Its action would, therefore, be typical of quite another class of washing assistants. The soap was approximately 98 per cent soap and 1.51 per cent moisture.

Washing solutions. The solutions for the laundry tests were made with distilled water and all rinsing was done in tap water. Distilled water alone was used with one set of samples, so that the effect of water

alone could be judged separately and the effect of soap washing powder could be compared with that of neutral soap. Three laundry tests were run on each fabric with each solution.

Fabrics. The linen material used was identified under the microscope as all flax. It was 36 inches wide with 49.2 ends and 50.4 picks per inch, contained 3.96 yards to the pound, and the warp had a tensile strength of 41.5 pounds. The cotton was a longcloth, 36 inches wide, with 79 ends and 71.2 picks per inch, contained 4.85 yards to the pound, and the warp had a tensile strength of 31.4 pounds. Samples used were 60 x 63 inches.

Number of washings. According to the findings of the German Hotel Owners' Association, the destruction by washing takes place after several washings in the regular hotel laundry in which the articles are chiefly table and bed linen, especially strong fabrics (4). Under household conditions, a good test of service would be given by washing an article every other week for two years, or 52 times. With these facts in mind fifty washings were taken as the final test for fabrics in the present work, and the various observations were made before the material was washed, and after ten, twenty-five forty, and fifty washings.

Washing procedure. In each washing the material was subjected to the following process:

1. Boiled in 2 liters of solution in a covered enamel pail for 30 minutes, being pushed down with a glass rod every 10 minutes.
2. Rinsed through three waters at 20 to 22°C., using 2 liters of water for each rinsing.
3. Hung in the air out of all sunlight and dried thoroughly.

After ten, twenty-five, forty, and fifty washings, samples were removed for testing and the quantities of washing agents were reduced to keep the original proportion of material to liquid. Breaking strength was measured on the Scott testing machine, according to the specification for the strip method given by the United States Bureau of Standards (5). The jaws of the tensile strength machine were set three inches apart and strengths were recorded at half-pound intervals, readings therefore being accurate within half pounds only. When strips were torn at the jaws of the machine, readings were disregarded, all tensile strength recorded being the average of normal breakings.

Because of the effect of moisture on tensile strength, all samples were tested bone dry. Each sample was placed in a perforated brass vial and dried in an oven at 105°C. for one hour. The brass vial and sample were

immediately placed in a glass vial and closed with a rubber stopper.[2] Samples were taken to the breaking machine in these bottles and each sample was removed just prior to breaking.

Individual breaking tests showed high variation in both materials due to variations in different parts of the cloth. Preliminary experiments, however, showed that the average of any series of ten tests agreed with the average of any other series of ten tests within 1.6 per cent for cotton and 5.1 per cent for linen. Because of the greater variation shown for linen in this preliminary work, twenty tests were made with each material. As there were three series, the final results represent the average of sixty individual tests.

Thread count and shrinkage. In order to determine whether the changes in tensile strength could be explained by changes in these two

TABLE 1

Average results of tests on cotton fabrics, unwashed and after repeated washings with different agents

AGENTS AND NUMBER OF WASHINGS	BREAKING STRENGTH		SHRINKAGE		THREAD COUNT	
	Resistance in pounds	Percent of increase or decrease	Width in inches	Per cent of decrease	Threads per inch	Per cent of increase
Unwashed	31.38		36.0		79.0	
Water:						
10 washings	29.9	−4.8	35.1	2.4	80.3	1.7
25 washings	35.4	+12.7	35.3	2.1	80.7	2.1
40 washings	35.5	+13.0	35.2	2.3	80.3	1.7
50 washings	35.1	+11.8	35.1	2.6	80.7	2.1
Soap:						
10 washings	32.6	+3.8	35.1	2.4	81.0	2.5
25 washings	33.8	+7.6	34.9	3.0	80.7	2.1
40 washings	33.0	+5.2	35.2	2.3	81.7	3.4
50 washings	31.6	+0.7	35.2	2.3	82.0	3.8
Powder I:						
10 washings	34.3	+9.5	35.1	2.4	80.0	1.3
25 washings	33.5	+6.7	35.0	2.5	80.0	1.3
40 washings	33.7	+7.5	35.1	2.4	81.0	2.5
50 washings	31.6	+0.8	35.0	2.6	81.0	2.5
Powder II:						
10 washings	34.2	+8.9	35.0	2.6	80.7	2.1
25 washings	35.2	+12.3	35.0	2.8	80.3	1.7
40 washings	34.4	+9.4	35.1	2.5	81.0	2.5
50 washings	30.5	−2.6	35.1	2.5	80.7	2.1

[2] From investigation carried out in the textile laboratory at Sears-Roebuck & Co., it was found that samples cooled in this device did not take up moisture.

factors, thread count was made and shrinkage was measured for warp and filling threads at each testing period.

Color. This is important because every housewife wishes her linens and garments to be clear white. The fabric in each test was carefully judged by several persons after all the tests had been completed.

Effect on tensile strength. The average results of the various tests are shown in tables 1 and 2. The cotton fabric treated showed a decided increase in the tensile strength after the first washings in the three solutions. The maximum increases were reached after ten or twenty-five washings. From then until after forty or fifty washings the tensile strength decreased to approximately the original value. Only in the one case of Powder II did it fall more than slightly below the original strength. The fabric washed in water showed a slight decrease in strength, followed by a larger increase which persisted throughout the experiment.

The linen fabric behaved quite differently from the cotton. Marked decrease in strength was observed with all three solutions, there being

TABLE 2

Average results of tests on linen fabrics, unwashed and after repeated washings with different agents

AGENTS AND NUMBER OF WASHINGS	BREAKING STRENGTH		SHRINKAGE		THREAD COUNT	
	Resistance in pounds	Per cent of increase or decrease	Width in inches	Per cent of decrease	Threads per inch	Per cent of increase
Unwashed	41.48		36.00		49.2	
Water:						
10 washings	40.7	−1.8	36.0	0.0	49.7	0.9
25 washings	43.5	+4.8	35.4	1.6	50.0	1.6
40 washings	45.5	+9.8	35.7	0.8	51.0	3.6
50 washings	40.0	−3.5	35.5	1.3	49.7	0.9
Soap:						
10 washings	38.2	−8.0	36.0	0.0	49.3	0.3
25 washings	39.6	−4.6	36.0	0.0	50.0	1.6
40 washings	40.3	−2.9	36.0	0.0	50.3	2.3
50 washings	30.6	−25.8	35.9	0.1	50.0	1.6
Powder I:						
10 washings	37.2	−10.4	36.0	0.0	49.3	0.3
25 washings	38.8	−6.4	36.0	0.0	50.0	1.6
40 washings	37.8	−8.7	36.0	0.0	51.0	3.6
50 washings	32.3	−22.0	35.9	0.3	50.0	1.6
Powder II:						
10 washings	37.8	−8.8	36.0	0.0	49.0	0.4
25 washings	38.6	−6.9	36.0	0.0	49.7	0.9
40 washings	38.7	−6.6	35.9	0.2	51.0	3.6
50 washings	30.5	−26.4	35.9	0.2	50.0	1.6

slight changes after ten, twenty-five, and forty treatments, and a diminution of about one-fourth at the end of fifty washings. The effect of the water on the linen fabric was similar to that on the cotton.

That the fabrics lost elasticity as well as strength during washing is seen in the fact that after forty washings the strips showed a marked tendency to tear with a snap through the middle rather than with a gradual pulling apart of threads in an uneven break.

Shrinkage and increase in thread count. The shrinkage that occurred during washing was not great and was not markedly different either with the different solutions or in the cotton and linen fabrics. The same is true of the increase in thread count. Since these changes are much less marked than those in tensile strength, the latter cannot be explained by shrinkage.

Color. The fabrics washed with soap washing powder solutions stayed white in color; those washed with neutral soap took on a gray tint which continued washing removed more readily from linen than from cotton; the water-treated fabrics took on a gray tint which remained throughout fifty washings.

Summary. All the washing agents tested (water, neutral soap, and soap washing powders) had a weakening effect upon linen fabric which, though slight at first, became very marked after forty washings.

Neutral soap and soap washing powders had a decided strengthening effect upon cotton fabric during one to twenty-five washings, and thereafter weakened it markedly.

The changes in the tensile strength of fabrics as the result of washing were not due to shrinkage or increase of threads, but to the action of solutions used.

Only those fabrics washed in soap washing powder solutions showed no discoloration throughout the experiment.

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A QUESTIONNAIRE ON CLOTHING CONSTRUCTION

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One of the first questions which arose in the Division of Textiles and Clothing of the Bureau of Home Economics was to what extent it should deal with clothing construction in the home. One of the few sources of information regarding current practice among American women was the clothing survey made last year through the Textile Section of the American Home Economics Association by Miss Marion Tucker, helped by extension leaders in 16 states. The questionnaire sent out was returned by 4,000 women, an excellent beginning. It would be desirable, however, to have information from 1,000,000, and Miss Tucker's questionnaire has been revised for more extended circulation.

Coöperation is hereby requested from all clothing specialists who did not join the study last year or who may wish to continue it, from college clothing departments in which senior or graduate students are interested in clothing construction, and from high school teachers. Miss Tucker is directing the work with rural women and has appealed to extension workers in clothing. Mrs. Maggie W. Barry, chairman of the Division of the American Home in the General Federation of Women's Clubs, has promised assistance through the clubs of the country.

The material offers an opportunity for many interesting small studies, such as the influence of income and economic and social position on the amount of sewing done, the use made by graduates of training received in clothing courses, the amount of sewing done in the homes of girls in high school sewing courses.

The Bureau of Home Economics will be glad to furnish blanks to any student or instructor who will collect the information; she may use the material in any way she desires in connection with her class work, the only stipulation being that the blanks shall eventually be returned to the Bureau of Home Economics. The Bureau will also be glad to furnish as many forms as can be used by any clothing specialists, teachers, or homemakers. It suggests that before a teacher starts a student on any similar study or problem, she send for a copy of the questionnaire and see if it could be used to obtain the information desired. This would bring about an effective and economical preparation of blanks and would also decrease the number of questionnaires with which a long-suffering public is being deluged.

EDITORIALS

Friends at San Francisco. Personal and professional friendships furnish one of the chief satisfactions of a gathering like the annual meeting of the American Home Economics Association at San Francisco August 1 to 6. For easterners it will begin on the Home Economics Special, and the talks on the train, sometimes lazy, sometimes animated, the sightseeing together in Colorado, at Salt Lake City, and from car windows,—all these are sure to strengthen old likings and establish new ones. Imagine the fun and friendliness in the caravan by which, we understand, the Washington State contingent is planning to motor down! What it will be like at the Hotel Fairmont just before dinner on the last evening of July, those of us know who remember the jolly hubbub in the lobby of the Hotel Statler at Buffalo a year ago, when the morning trains were bringing people from all points of the compass.

The novice and the stranger have never been so well provided for as this year. With special luncheons and dinners planned for every day except Sunday and Thursday, when special sight-seeing trips are arranged, there need be none of those lonely, awkward entries into dining rooms filled with intimate, sociable groups. For some inexplicable reason, going off with a person to some unusual place gives one a feeling of long acquaintance, and the excursions about San Francisco and the day spent at Berkeley will leave us on closer terms with our fellow home economists than if we had spent the same amount of time in their society in a single place.

And it's a crowd well worth cultivating, if we do say it as shouldn't. Glory be, we don't look like drab and dreary exponents of a Noble Cause! Our appearance is not usually a discredit to the clothing and arts people, and we seem to impress outsiders as having at least the average alertness of mind and ease in human intercourse. We go to our meetings to work, but we know that cultivating our fellows and getting out of harness have their importance as well as committee meetings and papers. The program in the July JOURNAL showed that the San Francisco meeting would be a profitable one. It is also going to be a friendly, jolly one—if you don't believe it, just come and see!

Distinguished Speakers at San Francisco. The American Home Economics Association is fortunate in meeting near two such educational

centres as Berkeley and Palo Alto. Not only shall we enjoy the hospitality of the University of California for the sessions on Tuesday and have opportunity to visit Leland Stanford on Sunday or Thursday, but members of their staffs will add to the value of our programs. We already realize our indebtedness to Dr. Agnes Fay Morgan for her arduous work as chairman of the program committee, and for the generous cooperation of her colleagues at Berkeley. Among research institutes few are so closely concerned with home economics subjects as the Food Research Institute at Leland Stanford, and it is a satisfaction to know that it thinks well enough of us for all three of its directors to address us. Dr. Alonzo Engelbert Taylor has been a friend of home economists since the days of the Food Administration, and has several times contributed to the JOURNAL. Dr. Carl L. Alsberg's name was familar and honored among us while he was chief of the Bureau of Chemistry in the United States Department of Agriculture. Dr. Joseph S. Davis is more of a stranger, but we are particularly glad to have him appear before us at a time when his special interests, the more economic and statistical phases of food research, are coming to the fore in our own organization.

Another eminent Californian on the program is Orfa Jean Shontz, for several years judge of the Juvenile Court in Los Angeles—an experience which should qualify her to speak with authority on what is wrong with the modern American home and what home economists can do about it.

A visitor from farther off will be Dr. Lois Hayden Meek, educational secretary of the American Association of University Women. She is in charge of the work on pre-school and elementary education which her organization is carrying on under a grant from the Laura Spelman Rockefeller Memorial Fund. Many of us are familiar with the excellent outlines and bibliographies which she has prepared for study groups of members, and we shall all be interested to hear her speak of the training and care of pre-school children.

The Origin of the Cafeteria—the Institution. Popular as is this innovation in the restaurant world, the history of either the institution or the word is not easy to come by. The facts here summarized have been gathered through the kindness of many correspondents. Curiously enough it has been impossible to discover exactly when and where the idea originated of keeping down the cost of restaurant food by allowing patrons to wait on themselves. There is a rather general impression that the credit belongs to Boston, perhaps to the Lend a Hand Clubs

sponsored by Edward Everett Hale, but so far we have not succeeded in obtaining definite facts. In any case, the first places of the kind seem to have been semi-philanthropic and the first considerable development appeared in Chicago. Several social and philanthropic organizations there tried out the scheme, among them the Ogontz Club in the Pontiac Building, its neighbor the Wildwood Club, maintained by Miss Kirkland's School, and the Noon Day Rest, maintained by the Klio Association at 4 East Monroe Street. The dates for the beginning of these enterprises have been variously reported for the early nineties; the only accurate information available is regarding the Klio Association, which began in 1893 in a second-story room with second-hand furniture from the World's Fair, and a gift of $150 which came through Dr. Gunsaulus. Among the Klio members active in the scheme were Mrs. Jewett and Mrs. Frances M. Holroyd, who has given us the facts just cited and who has since been identified with similar work with the Young Women's Christian Association and at the San Francisco Exhibition of 1915. These pioneer establishments seem to have been open only to members, who paid a low fixed weekly charge for luncheons. The food, which was prepared by women cooks, was homelike, wholesome, and palatable, but the cost was kept down by locating on an upper floor, by serving smaller portions than in the ordinary restaurant (this was in generous, antebellum days), and by letting the girls wait on themselves.

The Y. W. C. A. was quick to see the value of self-service restaurants for its special clientele and opened several on the example of the Chicago establishment, among the earliest being one in Kansas City. A brief description of the development of cafeterias in that organization is given in its handbook "Fifty Years of Association Work Among Young Women," by Elizabeth Wilson.

One of the first schools to take up the idea was Lewis Institute where an attractive self-service lunchroom was established in 1896 by Miss Caroline L. Hunt.

The commercial possibilities of the cafeteria soon became apparent. Mrs. Knox, one of the first managers of the Noon Day Rest, soon started a successful plan of her own just across the street from Marshall Field's Store. The great development of the public cafeteria, however, came not in Chicago but in Los Angeles. Miss Helen S. Mosher of Michigan, inspired by one of the Chicago clubs, adopted the plan and the name cafeteria for a public restaurant of similar type which she opened on

Hill Street, Los Angeles, in May, 1905. Says the *Pacific Coast Record*, for a copy of which we are indebted to Mr. Horace Boos of Los Angeles:

> First patrons of that novel institution still remember and have a warm spot in their hearts for the cigar box which served as a cash register until the advent of happier days. Mosaics, marble furnishings, rugs, and paintings all were absent, but woman cooks and see-and-select one's food drew the crowds, and in a remarkably short time the long serpentine trail of patronage extended down Hill street to Fourth.
>
> When first opened but one meal—the noonday—was served, but the demand of increased patronage soon brought about the evening meal and some time later the same insistence inaugurated 'breakfast.' Sunday was abandoned as a day of rest, as patrons of the 'first cafeteria' refused to fast on the Sabbath. To the restaurateurs the cafeteria came as a bolt from the blue. "A passing fad," they claimed. The press cartooned our local celebrities, one of whom is now on the bench, as they juggled trays piled with savory dishes, while the stage let loose its jokes. Cafeteria forsooth! The public, however, was faithful and the idea prevailed. The three women proprietors grew prosperous.

In fact, they were so successful that within seven years they opened another establishment in Los Angeles and a branch in San Francisco. Other pioneers in the business were Mrs. H. W. Phelps who began business on Hill Street in January, 1906, and sold out in October, 1907, at a net profit of $21,000; Mrs. J. H. Mosher and Mrs. A. D. Edwards who operated a successful cafeteria on Broadway and Franklin Streets; and the four Boos brothers, whose original establishment, opened in 1906 on West Second Street near Broadway, has grown until the company now serves thirty thousand meals daily and has twelve hundred employees on the payroll. So phenomenal was the development of these eating places in Los Angeles that the scornful are said to have dubbed the town the "capital of Southern Cafeteria." Scorn, however, soon gave place to emulation, and within fifteen years the cafeteria was a recognized American institution with special training classes and periodicals devoted to its needs. In Washington, the first cafeterias appeared about 1915, their number increasing rapidly during the crowded days of the war. Grace Bennett, a Cornell graduate in home economics, was a successful pioneer, and in the early days her well-known place near the Department of Agriculture was often referred to as the Dom. Econ. Lunchroom as well as by its formal name of Cornell Cafeteria.

So far the cafeteria seems not to have spread much beyond American soil. "Self-serve" lunchrooms are said to have been attempted in England, but without remarkable success. The JOURNAL has never heard of other European attempts and suspects that the principle of waiting on oneself would not so easily find favor abroad, despite present high prices and democratic ideas. If any readers have information to the contrary, will they please send it in?

The Origin of the Cafeteria—the Name. So recent is the institution, that the word cafeteria has not yet found its way into many dictionaries. Funk and Wagnall's "New Standard Dictionary," edition of 1923, defines it as "a café where food is displayed and where patrons wait upon themselves." It is said to come from the Spanish, but in the original language it has not been applied to the type of establishment developed in the United States. Apparently it is now no more inevitably connected with coffee than its French relation, *café*. On the card of light refreshments served at a well-known restaurant in Havana where Spanish and English names were given in parallel columns, *Cafeteria* headed a Spanish list which in English was called "Pantry" and which included, milk, tea, cocoa, toast, rusks, and lady-fingers.

The word apparently came into the United States from Mexico, where it designates a store in which coffee is sold at retail; but according to Mr. Frank E. Vizetelly, editor of the dictionary just cited, it has some analogy if not closer connection with the Italian word *caffetiere*, which in Italy is used to designate a coffee-pot and also the keeper of a coffee-house, and which is sometimes used in this country in the latter sense. The first instance we have found of the use of cafeteria to designate a self-service restaurant was in Chicago, where it is said to have been introduced by a man from New Mexico.

The doctors disagree as to the pronunciation, some insisting that the accent should come on the i, as in Spanish, others on the preceding syllable. The Pacific Coast seems to favor the former, but in the East the public is rapidly fixing usage to make the word rhyme with Siberia.

Home Economics and Women's Organizations. The increased interest of the public in the subjects which we place under home economics is nowhere more apparent than in the women's organizations. Significant evidence of this was given in the resolution on education just adopted by

the Fifth International Council of Women, which emphasized the importance of household problems as the subject of advanced research. Other examples are the committee work of the American Association of University Women on housing and on the reorganization of the housekeeper's time, and the study devoted by them and by members of parent-teacher associations to the problems of child care and training, especially those of the pre-school child. Most striking of all is perhaps the attention given to homemaking in the activities of the General Federation of Women's Clubs. In several of the present activities of the Federation, home economics is conspicuously to the fore. The department devoted to the American home (see May JOURNAL, page 299) has three divisions, one to promote home economics teaching, one for home economics extension, and one on homemaking itself. It is gratifying to the American Home Economics Association to know that two of its members have been assisting actively in the preparation of outlines of study, Dr. Louise Stanley in the one on nutrition and Mrs. Mary Schenck Woolman in that on textiles. Dr. Stanley's suggestions have a three-fold purpose: to give a clearer understanding of the relation of food to health; to emphasize the responsibility of the homemaker for well-planned meals; and to provide the information needed to carry forward the nutrition program. Mrs. Woolman's suggestions are noteworthy because in addition to the usual topics under selection, there is a subdivision on standardization and coöperation, with references to such publications as those of the U. S. Department of Commerce, the Better Business Bureaus, and the U. S. Chamber of Commerce, and another subdivision on legislation in which is suggested the study of recent bills and hearings on textile legislation.

The Federation's National Survey of Home Equipment. This is an undertaking, the plan for which was announced in the *General Federation News* for May. In a letter of approval, President Coolidge speaks of it as having "large possibilities of usefulness" and offers the cooperation of government departments. The survey is described as a "nation-wide stock-taking of the American home's equipment for and methods of housekeeping." The desired facts are to be gathered by club-members, not by house-to-house canvass but from public utility agencies, health departments, manufacturers, and dealers. Questionnaires prepared at Federation headquarters will be sent to clubs and will call for information on such points as water supply, sewage disposal, the use of gas and electricity, the prevalence of various facilities for comfort and enjoyment,

and the extent of club study given to principles, methods, and means of household equipment, with special reference to increasing the attachment of the family to the home. The data thus collected are to be tabulated and analyzed by experts, and the results published in the *Woman's Home Companion* and perhaps later in pamphlet form. Though the Federation has confidence in the cooperation and ability of its local clubs, it does not expect that this survey will give a complete picture of the country's homemaking equipment. What it does hope to accomplish is a rough stock-taking of what it calls the nation's homemaking industry—an industry for which, despite its recognized fundamental importance, statistics have hitherto been almost entirely lacking.

Florence Snell. The death of Florence Snell, which took place in Texarkana late in March, removes one of the well-known and well-loved home economists of the Middle West. Born and educated in Kansas, she also began her teaching career there. She was a graduate of the Kansas State Agricultural College, and from 1911 to 1916 an extension worker in that state. For the last five years she had been nutrition specialist of the American Red Cross in Arkansas and Missouri, and it was while on active duty that she was stricken with the septicemia which quickly proved fatal. Her earnest, unselfish character made it possible for her to crowd a large amount of active work into her forty-six years, and to leave behind her an unusual number of warm and grateful friends.

Young Farmers' Clubs. Under this title there are organized in England clubs of rural boys and girls similar in general purpose to those connected with the cooperative agricultural extension work in this country. The age limits are 10 to 18 years, but the clubs seem to appeal especially to children between 14 and 16. The club work is devoted mainly to the raising of calves, pigs, rabbits, bees, or garden produce, and there are competitions between clubs in different countries. An International Federation of Young Farmers' Clubs brings members into wider relationships, and in 1923 four members made a trip from England to Canada in the interests of the work. The Ministry of Agriculture has recently taken charge of the movement in Great Britain, and provides a special inspector who gives help to local bodies and aids in linking the work up with the general system of agricultural education. Except for the cost of such supervision, the work remains self-supporting with the county organization as the working unit.

An old Devonshire custom, described in a recent issue of *Home and Country*, the journal of the National Federation of Women's Institutes, is worth noting in connection with these clubs. It seems that in olden days a Devonshire farmer would give each child a calf, a lamb, or some poultry to start a herd or flock with which the young man or woman might begin the stocking of his or her own farm when the time came. The custom had fallen into disuse, but was quickly recognized when, in 1921, it reappeared in modern guise, and introduced by kinsfolk across the sea.

It is interesting to realize that similar clubs are being organized also in Jugoslavia by the Serbian Agricultural Association; they were directly inspired by the work in the United States and are heartily encouraged by the Ministers of Agriculture and Education.

Questions Asked by the Principal. Mr. E. E. McLaughlin of the Goode Baren Township High School, Sesser, Illinois, sent questions for discussion at a recent group conference of vocational home economics teachers which proved so stimulating that Miss Adah Hess, state supervisor of home economics education, hereby passes them on to others:

In a small community in what ways should the home economics department influence girls of the school in dress? In conduct at the school and on the street?

What can be done to direct pupils, particularly girls, during the lunch hour?

Does any special responsibility devolve upon the home economics department to take the lead in matters pertaining to the lunch hour when dinner pupils are present in considerable numbers?

What obligation does the presence of dinner pupils place upon the board of education and the principal?

Should the home economics department influence the methods of keeping the building clean and sanitary? If so, how?

OPEN FORUM

Teaching Child Care to Girls of High-School Age. The outline given below was worked out with special reference to the possible social values of a course in child care. With suitable selection of materials and methods, it has proved interesting and useful both in high schools and in special classes for over-age girls.

I. Why instruction should be given
  A. To meet the needs of the girls
    1. Many are having to care for children at home
    2. As preparation for future responsibilities. For some groups this time is not far away.
  B. To meet the needs of the homes and the community due to:
    1. Ignorance or indifference of mothers
    2. Mothers' lack of ability to teach their daughters
    3. Poor standards found in many homes
      a. Unhealthful conditions
      b. Lack of knowledge regarding proper feeding
      c. Ignorance or carelessness during illness

II. Important subjects to be covered
  A. Physical care of children
    1. Proper food
    2. Cleanliness
    3. Importance of fresh air, sunshine, sleep
    4. Healthful clothing
    5. Development of good habits
  B. Safeguarding health
    1. Watching the growth record
    2. Care of eyes and teeth
    3. Protection against infection
    4. Special care for physical defects
  C. Care in sickness
    1. For the s .ke of the child
    2. For the protection of others
  D. Elements of child life of special interest to girls
    1. Development and growth
    2. Unfortunate tendencies which can be corrected in early years
    3. Good habits to be encouraged
    4. Character-building

E. Recreation and its values
   1. Play
   2. Music
   3. Stories
F. Training for social life
   1. Social behavior
   2. Cooperation in the home
   3. Sharing in home entertainments

III. Work for practical hours (Double periods best)
A. Preparation of food suitable for children of different ages
   1. Individual dishes and meal combinations
   2. Meals for children in nutrition classes
B. Making children's clothing. (An exhibition should follow this at which garments may be compared and discussed and then sold or distributed by the visiting nurses.)
C. Making a layette. (This can be used in a demonstration of bathing and dressing a baby.)

IV. Cooperation with the school doctor and nurse

V. Social contacts
A. City agencies working in the interests of health
   1. Health department
   2. Red Cross
   3. Public clinics
   4. Public hospitals
   5. Visiting nurses
   6. School health inspectors
   7. Provisions for good water and pure food
B. The nutrition work carried on in the city
C. Community recreation
D. Library service for children

VI. Possible broader social values
A. Increased interest in child welfare
B. More intelligent support of all agencies working for the improvement of child life

ANNIE THOMPSON,
Chicago, Illinois.

Child Care and Training at Iowa State College. In order to offer a more complete training in homemaking the Home Economics Division of Iowa State College has added a new department, that of child care and training. There was a time when home economists had to

prove to "doubting Thomases" the necessity of teaching cooking and sewing to girls but that time has passed. There are many folks now, however, who need to be convinced that training for motherhood is necessary. At Ames it is thought that a girl is no more endowed with the right kind of knowledge to direct active minds and insure healthy bodies than that she knows intuitively how to cook a rib roast or to distinguish textile values.

That question being definitely settled, the next consideration was what shall be included in a course of child care and training and how shall it be taught?. The part given by lectures and class discussions frames itself naturally around the child's twenty-four hour schedule and has been developed from the material which the seniors themselves feel they need. This has three prominent considerations: the physical care of the child, the mental characteristics and behavior problems, and the child in relation to the community. Among the fundamental subjects under physical care are placed the health of the mother, pre-natal care, a few facts about embryology, obstetrics, and other matters of hygiene which will aid in developing a sound body. The study of mental characteristics is based largely on applied psychology. An attempt is made to realize what reactions may be expected under varying conditions. The discussions of the child in the community are grouped around the community's responsibility to the welfare of the child. It seems imperative here to show the status of childhood in an adult world.

The history of foods and textile courses suggested the necessity of actual contact with the problem. If it is not reasonable to expect a girl to make a good cake by just talking to her about it, then it is not reasonable to expect her to make a good citizen of a little child by having her listen to lectures. It therefore seemed necessary to give students an opportunity to study little children first hand.

One provision for this was made by placing little children in our home management houses. There are three houses now at Iowa State College with a little child in each. The ages of these children vary from nine months to two years old. This opportunity for the student to become acquainted with the twenty-four hour schedule of the child gives her a deep appreciation of the responsibilities of motherhood, responsibilities, by the way, which seldom fail to awaken an appeal to the maternal instinct.

Another opportunity for studying children of pre-school age began with visits to children in their own homes. Several of these children

between two and five years old come to the college each morning for three hours. These little folks are guided in their morning's activities by a director trained in pre-school work. A large, pleasant room that can be well ventilated and flooded with sunshine has been equipped for pre-school teaching. There is no formal program in this school but instead a careful plan for each day. The director has many aims for her little group and realizes that since at this age development is stimulated best by individual help, the need and the interest should provide the channel for help and instruction. The first few years are vitally important ones in habit formation, and much effort is put forth to give these children a chance to be self-respecting, socially-minded citizens. A self-respecting little citizen does everything for himself that little hands can do. He also has a responsibility about taking care of things which are actually his own, for example, the room and the equipment. Another desire is to create in the child a sense of accomplishment, whether it is work on Montessori apparatus or building a railroad station. Other aims which the director has in mind are coordination of muscle, response to rhythm, story making and story telling, sympathy and interest in growing things. Much personal help necessarily is given these little folks but it is in the form of guidance without superimposed direction. Behavior problems, although not always apparent, are matters for much consideration. When altercations arise the group of children are the judges, the director is the referee.

This group of children provides abundant material for discussion and study in the lecture course. The students observe for a certain number of hours in this "child laboratory" and also make two visits to the homes observing the children there. Practically all the discussion in the lecture course on the physical and mental life of the child has its direct application in concrete examples found in the laboratory group, for these children present much variety as to temperament, accomplishment, and personality. The students select one or two children for intensive study and summarize their work in a detailed report at the end of the course.

The child care department feels very proud of the cooperation it has from various divisions of the college. The psychology department has been much interested in cooperating with the child laboratory. They are making psychological and X-ray studies at stated intervals, which the students may use in their observations. On the other hand, the laboratory affords the psychologist splendid material for personality study. The nutrition department uses the group of little children for their courses in child feeding. Not only do students in nutrition pre-

pare the proper food for the children but the students preside at table and thereby get some conception of what it means to see that the food is eaten. The children's clothing classes study the different types of children in the laboratory, and, with the cooperation of the mothers, plan and make dresses which are both attractive and appropriate.

What do the mothers of the children think of this work? Perhaps Iowa State College is fortunate in the mothers of this little group. Perhaps these mothers are typical of other mothers. At any rate, they are most cooperative and understanding. They see an improvement in their children. They are eager to keep their children in the school. Other mothers have put their children on the waiting list, which outnumbers the present enrollment. They encourage us to give to future mothers what they wish so much they might have had. Is not that in itself justification for a new department in home economics?

LULU R. LANCASTER,
Iowa State College.

The Basis of Education for Motherhood. The department of home economics of the University of Kansas is making a somewhat unique contribution to homemaking through studies which it is carrying out in cooperation with the Kansas Bureau of Child Research. Dr. Florence Brown Sherbon, who is serving as part-time director of the Bureau, is teaching courses in child care, including pregnancy and pre-natal care, and health of the family. Through the generally expressed conviction of the University girls that similar courses should be offered in the public schools Dr. Sherbon has been led to extend the investigations of the Bureau into the field of preparation for motherhood. In hunting for the logical place to begin, these studies have now reached the first doll placed in the girl child's hands!

Most of these studies are so tentative that they may be said to be a feeling out of a place to begin, rather than the collecting of conclusive data. Thus far they include: A controlled study in doll play; a mother's diary project in which a large number of college graduate mothers are making observations on spontaneous reactions of their pre-school children to such subjects as dolls, babies, sex, and family relationships; a teacher's project under which teachers in all grades are asked to make notes concerning the spontaneous interest and reactions of children of various ages to the above subjects and also to give an account of any effort made to instruct children in such matters as family health, reproduction, or the care of infants and young children; and experimental

teaching in a junior high school, under the direction of the Bureau, in which an especially prepared teacher is "seeing what she can do to prepare a unit of 250 girls for motherhood." This has two objectives: (1) The study of the physical and mental status and especially attitudes, information, and general background presented by this typical unit; and (2) the selection and presentation of informational material. However; the course may be evaluated at the end of the year, there can be no question as to the interest of the girls, who have maintained an unabated enthusiasm. It is the hope of the Bureau eventually to be able to make a similar experimental demonstration in every grade from kindergarten to college to determine what may logically and naturally be done at each age to meet the unfolding interest and capacities of the girl child in anticipation of her supreme racial service. A questionnaire on certain salient points of experience and opinion has been sent to many teachers, mothers, and students.

The entire investigation is based upon the hypothesis that the preparation of the girl for the important function of perpetuating the race with all that is implied of social and racial importance have thus far been largely overlooked in education, and that to shape a correct curriculum it is, therefore, necessary to trace the natural process from its earliest manifestations to the maturity of the individual young woman, a task which can be done only by careful experimental study at every step.

ELIZABETH C. SPRAGUE,
University of Kansas.

BOOKS AND PERIODICALS

The Woman on the Farm. By Mary Meek Atkeson. Rural Life Books. Edited by C. J. Galpin. New York: Century Company, 1924. $2.00.

This is a stimulating, interesting book written by a farm woman endowed with keen insight, common sense, a zest for country life, and a sense of humor. Because it so successfully reflects the high lights of well-known ground travelled by home economics workers, it is of value to all women who are homemakers. If the author were a New Englander, she would be a good sugar-maker, because she is a proved adept at assembling and boiling down the facts of farm life, skimming off the impurities which appear as imperfections, and straining others through her own experience, leaving a product which is wholesome, sweet, and up to accepted standards of the best. To an unusual degree she has had access to the testimonies of thousands of farm women which give point and flavor, as well as reality, to theory and advised practices. The optimistic note which prevails is not overdone, for while there are probably few women who can attain to the well-roundedness which she pictures—at least not all at once—we can do it in spots if we have a high and shining mark at which to aim. This Miss Atkeson gives in a compilation which touches all phases of the possibilities of the farm woman's life within and without the home.

There is an occasional sounding of that familiar, contagious note of self-pity common to all writers of farm life—"the weary housewife," "the overworked farmer,"—but these are neutralized by other more important and wholesome verities such as are given in the chapter on "The Truth About Country Life." As for the testimony of the attractive woman who, as she should, "bathes the tired feet she has been standing on all day, rubs them with witch-hazel, and massages her feet and swollen ankles thoroughly, rubbing a little vaseline between the toes and over the corns," one feels the need of immediate suggestion that she should replan her work, change her shoes, and certainly remove those corns! Some will smile at, and few will emulate, the woman who airs and suns her hair while feeding the chickens or gathering vegetables, but who shall say that such a woman, by departing from the usual, isn't keeping open-minded, young, and a comfort to her family? Critics of the favorite farm fiction, as cited, should reflect that these authors depict the idealistic, happy side of farm life, the side which keeps every life up to the mark. Editors of farm papers and of women's magazines should read the paragraphs about periodical literature. The woman on the farm will get both pleasure and profit from this book. It offers to her observers, as well, a homely, sympathetic, and practical outline for study.

Annette C. Dimock,
East Corinth, Vermont

The Food Supply of New England. Edited by Arthur Gilbert. New York: Macmillan Company, 1924, pp. 273. $1.80 postpaid.

Theorists have long been telling us that a program of food production planned to meet the nutritive demands of the nation through the best utilization of the nation's resources of soil, climate, transportation, and marketing facilities would mean greater prosperity in time of peace and greater safety in time of war. We have admitted the truth of the idea, but have been inclined to brush it aside as utopian. In its entirety it is not likely to be adopted in our lifetime; nevertheless, when food prices seem high and the returns to agriculture seem low, the enlightened citizen cannot help feeling that at least a start might be made toward a better adjustment. The way to start is obviously with a study of the situation, and then to work out some

practicable plan of procedure. Such a start is made for New England in the present volume. It was prepared under the auspices of the New England Agricultural Conference, a body called together in January, 1923, by the six New England governors and still working actively through a Continuance Committee. The editing was wisely entrusted to Dr. Gilbert, Massachusetts Commissioner of Agriculture, and he, in turn, obtained assistance from specialists and officials exceptionally well informed as to agricultural history, methods, and conditions in New England, a region which should now be considered as an economic and social unit.

The aim of the book is to reveal the existing rural conditions and to show in a comprehensive way their broad relations and bearing on economic and social life. It traces the historical, geographic, and physical features of the region; describes its food products, food consumption, and marketing, and the helps, hindrances, and probable future of New England agriculture, including important chapters on specialized vs. general farming and the future of the national food supply in relation to New England agriculture; and outlines the long-term program for agricultural improvement adopted by the Conference.

This program was based on the work of special committees, among them one on the betterment of the farm home, whose chairman was Miss Sarah Louise Arnold, and whose members included such home economists as Antoinette Roof, Mrs. Julian A. Dimock, Agnes S. Donham, Lucile Reynolds, and Edna Skinner. The general aim is so to develop farm homes and farm life that they shall be, physically, socially, and spiritually, at least on a par with town and city. This is to be accomplished first through a survey of present conditions, made in coöperation with various agencies and reported to a central committee, and then by annual recommendations to these agencies from the central committee and annual reports by them to the committee.

Although the book is concerned chiefly with New England conditions, it is of much wider interest; the information regarding food products, food consumption, and marketing would make excellent reference reading for high school or college classes, the discussions of the nation's food economy concern all sections of the country, while the pictures of social conditions and agencies are of value to anyone interested in rural life. Not the least of the virtues of the volume is that despite the mass of statistical and technical information concerned, Dr. Gilbert has succeeded in making a book which anyone can read with pleasure.

Everyday Art. By Ami Mali Hicks. New York: E. P. Dutton & Co., 1925, pp. 241. $3.00.

That art is something which can permeate nearly every phase of ordinary life is an idea more often accepted in theory than applied in practice, and for this reason we welcome every discussion in which it is emphasized. Such distinctly is the intent of Miss Hick's new book. It is noteworthy that though she is herself a decorator and has done important work with stage settings, she begins with art as applied to clothing; evidently she realizes that most of the readers will be women and that hats and frocks offer easier entrance to their interest than even houses and their furnishings. Only after she has indicated how our garments, our apartments, and our gardens are improved in appearance by adaptation to use, harmony in design and color, and restraint toward the superfluous, does she venture on such relatively abstract themes as training the eye to recognize beauty of design and color in everyday things; the distinction between art and artificiality; the realization that suitability to purpose is more important than elaborate decoration and novelty; and finally, that the highest art of all is the much-neglected art of living, and that there as elsewhere honesty, moderation, and simplicity are essentials of beauty.

Miss Hick's familiarity with present-day materials and methods shows itself in unusual suggestions for obtaining desired effects by relatively inexpensive means. Some of the things suggested would require more skill than most women seem blessed with, but they

should at least stimulate the reader's artistic imagination, and others would be well within the ordinary person's ability.

The book is informally written, with its esthetic doctrines pleasantly flavored by a fluent and often humorous style, and thoroughly mixed with discussion of practical situations. It is a relief to find its general tone more honest than in some similar volumes, avoiding pseudo-smartness on the one hand and sentimentality on the other.

BOOKS RECEIVED

Commercial Fruit and Vegetable Products. By W. V. Cruess. New York: McGraw-Hill Book Co., 1924, pp. 530. $4.50 net.

A volume by an associate professor of fruit products at the University of California, intended primarily for students in horticulture, food chemistry, and horticultural products, and for manufacturers, but valuable as reference for others interested in the theory of food preservation and its practical application to vegetable products; includes data on seasons, commercial grades, and processes for many vegetable products with much material not usually described in the manuals used by nutrition classes; technical but clear in style; well-supplied with illustrations and lists of references.

A Home of Your Own. By Della Thompson Lutes. Indianapolis: Bobbs-Merrill Co., 1925, pp. 407. $3.50.

A pleasant, popular presentation by the housekeeping editor of *Modern Priscilla*, of the principles of choosing, financing, furnishing, and running a house; includes pictures from the Priscilla Proving Plant and other examples of good arrangements, and a list of reference books.

The Super-City. The World's Most Efficient and Beautiful City. By Robert R. Kern. Washington, D. C.: Vail-Ballou Press, Inc., 1914, pp. 349. $2.00.

A comprehensive, suggestive, and somewhat utopian scheme of city planning intended to remove the evils of present city life; calls for rows of private houses so placed as to catch sunshine and provide open space about them, with a central "servisorium" for each group, in which shall be social and club rooms, special kitchens for meal services to individual homes or central dining-hall, rooms for children, library, sewing room, and other community conveniences; includes suggestions for agricultural areas, industrial centers, commercial facilities, community activities, city administration and finance.

Elements of Physical Biology. By Alfred Lotka. Baltimore: The Williams & Wilkins Co., 1925, pp. 460. $5.00 postpaid.

A volume by the research statistician of the Metropolitan Life Insurance Company, introducing a new aspect of science which denotes "the broad application of physical principles and methods in the contemplation of biological systems;" chiefly concerned with systematization and the development of method, and using factual material mainly as illustration; divided into four parts: general principles, kinetics, statics, and dynamics; includes such topics as "Analysis of the growth function," "Chemical equilibrium as an example of evolution under a known law," "Interspecies equilibrium;" "The stage of the life drama," "The energy transformers of nature," "Consciousness;" too technical for the layman to comprehend in entirety, but containing many paragraphs, diagrams, and illustrations which are easily understood and full of suggestions; written with an ease and urbanity of style not always found in such treatises.

Woman's Physical Freedom. By Clelia Duel Mosher. New York: Womans Press, 1923, pp. 87. $1.00.

A third and enlarged edition of the book issued as "Health and the Woman Movement," by the medical adviser of women at Stanford University, well known for her research in the physiology and hygiene of women; suports the thesis that most of the

so-called physical disabilities of women are the result, not of biologic differences in structure and function, but of improper bodily habits, constricting clothing, and a wrong attitude of mind; that these can in most cases be corrected by ordinary hygiene, physiological exercise of the abdominal muscles, proper clothing, and by discarding the idea that menstruation is inevitably an illness; shows that with changing social ideas as to the rôle of women the disabilities previously considered natural and even desirable are tending to disappear; includes practical advice on the various points discussed.

The Office of Experiment Stations. Its History, Activities, and Organization. By MILTON CONOVER. Service Monograph of the United States Government, No. 32. Institute for Government Research. Baltimore: The Johns Hopkins Press, 1924, pp. 178.

A non-partisan history of the Office from its establishment in 1888, with brief mention of the steps leading to its formation; includes (pages 95 to 101) the nutrition investigations and home economics work which were formerly conducted under the Office of Experiment Stations, and which in 1915, on the formation of the States Relations Service, became the Office of Home Economics, and in 1922 the Bureau of Home Economics; gives the texts of laws dealing with the organization of the Office and a bibliography of official documents and other books and articles on the subject.

Personality and Social Adjustment. By ERNEST R. GROVES. New York: Longmans, Green & Co., 1924, pp. 296. $1.40.

The Normal Mind. By WILLIAM H. BURNHAM. New York: D. Appleton & Co., 1924, pp. 702. $3.50.

Economics for Helen. By HILAIRE BELLOC. New York: G. P. Putnam's Sons, 1924, pp. 225. $2.00.

Purchasing Power of the Consumer. A statistical index. By WM. A. BERRIDGE, EMMA A. WINSLOW, and RICHARD A. FLINN. Chicago: A. W. Shaw Co., 1925, pp. 318. $4.00.

The Suburban Trend. By H. PAUL DOUGLASS. New York: The Century Co., 1925, pp. 340. $2.00

NOTES AND CLIPPINGS

Leaflets from the Textile Section. The committee on standardization is arranging for the publication of six popular leaflets, two of which have already appeared, "Silk which is not Silk," and "Quality in Bath Towels." Copies are sent to members of the Textile Section, and others may obtain sample copies and information regarding distribution in bulk from the chairman of the committee, Miss Rosamond A. Cook, 100 Morningside Drive, New York City. The committee reports that excellent publicity has been given to the leaflets and that large demands and favorable comments are coming in.

National Education Association. "Public School Salaries" is the title of the January–March *Research Bulletin*, which gives the most comprehensive report yet made on public school salaries. It is based on the idea that the colossal shortage of trained teachers is a menace to the children and hence to the civic life of the country, and it presents in easily-read statements and tables the facts of salary schedules for officers and teachers of different grades, in different states, and in cities of different sizes.

The Association also issued in March a "Report of the Committee on School House

Planning and Construction," the purpose of which is to help communities to avoid mistakes frequently made in school-house construction. The rapid increase in junior high schools makes the report especially timely. Copies may be purchased for $1 each from the National Education Association, 1201 16th St., N.W., Washington, D. C.

The Child: His Nature and His Needs. This publication of the Children's Foundation, which brings into one well-printed and illustrated volume of 516 pages discussions of the various phases of the subject by recognized authorities, has met so large a demand that the third printing is now being made. The Foundation's purpose is to popularize scientific knowledge and training and the book may be purchased at the nominal price of $1.00 a copy postpaid from The Children's Foundation, 250 Park Avenue, New York City. Outside of the United States the price is $1.50.

Child Health Activities. In the May issue of *Hospital Social Service* is printed a paper which Dr. George T. Palmer, director of research for the American Child Health Association, read at the Kansas City meeting of the Association last October, and which gives a preliminary report of a survey of activities in the 86 cities of the country in which the population is between 40,000 and 70,000.

How and Why to Own a Home. This is the title of a 10-page leaflet by Francis M. Bothelo, published and sold by the American Writers' Bureau, Wayne, Pa., for 25 cents a copy. It gives a simple, readable statement of well-known arguments for owning instead of renting a home, with very brief suggestions for choosing and financing it.

Home Economics at Tuskegee. The May issue of *The Southern Workman* contains an article by Margaret J. Washington describing the work in girls' industries at Tuskegee, including pictures of the Dorothy Hall and the practice cottage.

Glazes and Enamels of Cooking Utensils. A recent publication from the Ministry of Health, London, is "The Solubility of Glazes and Enamels Used in Cooking Utensils," by G. W. Monier Williams, chemist in the foods division. Copies may be purchased from His Majesty's Stationery Office, London, at 6 pence each.

Pan-American Notes. The May *Bulletin of the Pan-American Union* contains an article by Katherine F. Lenroot of the U. S. Children's Bureau describing the Fourth Pan-American Child Congress in Santiago, Chile, in October, 1924. It also includes various items of interest to home economists; for example, that the first nursery school has recently been opened in Mexico City where the children of working mothers will be cared for during the day by trained teachers; that a municipal restaurant for children has been opened in Buenos Aires where a simple, healthful luncheon will be served for a nominal price to 150 children daily, and that the same city maintains in its parks vacation colonies for children below normal; and that in San Jose, Costa Rica, a competition was held last December by the Children's Clinic, the Milk Station, the Day Nursery, and the School Dental Clinic, at which prizes were awarded to mothers and children making the best showing on specific points.

Family Expenditures and Housing in Prague. The correspondent of the *Journal of the American Medical Association* summarizes a recent government study of thirteen families of the working class and eight of public officials. The greatest differences in the expenditures of the two groups were in clothing, housing, amusements, and books. As regards food, the daily energy supplied per unit was about 2280 colories for the workingmen's and 2435 calories for officials' families, but the cost of food in the working class families was not quite two-thirds that in the official class. Much more meat and milk were used by the latter, and more flour, bread, and potatoes by the workingmen's families.

The housing shortage has been lessened by buildings put up with grants from a national housing act, and discussion is said to center about the question whether it is wiser to use the available funds for semi-detached houses or for apartments which, while less desirable, would provide for more persons.

Reading Lists for Boys and Girls. Two excellent, briefly annotated lists of about 30 books each, one for boys and one for girls from ten to fifteen years old, have just been issued by the American Library Association. Sample copies will be sent to anyone sending five cents in stamps to the American Library Association, 86 East Randolph Street, Chicago, and quantity prices will be furnished on request.

Time and the College Girl. Under this title, Alzado Comstock of Mt. Holyoke College has contributed an article to *School and Society* for March 14, in which she gives the results of questionnaires filled in by students at that college regarding the amount of time spent daily for various activities. The girls appear to spend on the average $8\frac{1}{3}$ hours in sleep, $1\frac{1}{2}$ at meals, $1\frac{1}{3}$ in outdoor exercise, $5\frac{2}{3}$ in academic work, leaving $7\frac{1}{6}$ hours for various personal and social occupations. The author suggests that admirers of the healthy, untroubled type of "all around" girl may take heart, but questions what may be said by those who want to see our colleges more truly intellectual centres than is suggested by twenty minutes a day spent in unrequired reading.

Soap and Soap Making. An educational exhibit arranged under the direction of Dr. F. G. Bonser of Teachers College, Columbia University, has recently been prepared by Proctor and Gamble. It consists of charts, showing the history and manufacturing process of soap and is accompanied by a booklet of "Suggestions to Teachers."

Money Plans. Twelve leaflets have been prepared by Emma A. Winslow for the *Woman's Home Companion* to give definite suggestions on such topics as purchasing a house and its furnishings and an automobile, financing marriage, the arrival of a baby, and the education of a family, and adjusting expenditures to changes of income. The leaflets may be purchased from the Service Department of the magazine, 250 Park Avenue, New York City, for ten cents each, or at special rates for quantities.

Woods and Glues. Recent *Technical Notes* from the Forest Products Laboratory include illustrated descriptions of the structure of a softwood and of a hardwood, of good and poor glue joints, and a brief statement of the characteristics of five types of glues. Copies may be purchased at one dollar per hundred from Forest Products Laboratory, Madison, Wisconsin.

Gasoline in Dry-Cleaning. The U. S. Bureau of Standards announces the publication of Technologic Paper 280, "Reclamation of Gasoline Used in Dry Cleaning," by C. C. Hubbard. The paper briefly discusses processes heretofore used in industry, reports results of extensive experiments with activated carbon and an aqueous solution of trisodium phosphate, and recommends a process based on that work. Copies may be purchased for five cents each from the Superintendent of Documents, Government Printing Office, Washington, D. C.

U. S. Bureau of Education. Home economists will be interested in pamphlets issued by the U. S. Bureau of Education: Library Leaflet No. 29, List of References on Plays and Playgrounds; Library Leaflet No. 27, List of References on the Junior High School; Bulletin, 1925, No. 3, Contributions of Home Economics to Citizenship Training, containing the proceedings of the National Conference of City Supervisors of Home Economics in Washington, April 21, 1924. These publications may be purchased at 10 cents a copy from the Superintendent of Documents, Government Printing Office. Washington, D. C.

NEWS FROM THE FIELD

KINDRED ACTIVITIES

National Conference on Outdoor Recreation. The executive committee announces the postponement of the second annual meeting of the National Conference on Outdoor Recreation, scheduled for May 28–29, to a date to be fixed some time in December next.

National Congress of Parents and Teachers. The annual convention, held at Austin, Texas, April 27 to May 2, had as its central topic "Home and School in Education." The Association now numbers about 900,000 members and the attendance was about 450.

American Physical Education Association. The annual eastern states convention was held in Rochester, New York, April 2 to 4, under the general direction of Herman J. Norton, director of health education in the Rochester public schools. A special feature was a demonstration of seven phases of the work: health inspection, organized recreation, relaxation drills, given by classes, gymnastic drills, problematic child study, and teacher's health extension service. Among the papers presented was one on "Nutrition in relation to physical education," by Dr. Wm. R. P. Emerson of Boston.

American Association of Museums. On the program for the annual meeting held in St. Louis May 17 to 21, two papers and discussions were of especial interest to home economists: "Coöperation of educational resources of a community," by Frederick Allen Whiting, director, Cleveland Museum of Art; and "Museum and school," by Dr. Carl G. Rathmann, director, Educational Museum of the St. Louis Public Schools.

Home Improvement Contests. The 1924 contest conducted by *Farm and Home* brought such interesting results that the paper is arranging another for 1925. As last year, $5,000 will be offered in prizes, of which the first is $1,000, for the best description submitted during December, 1925, by any families in the United States, of "How we made a better home this year." The judges will again be Dr. Stanley, Miss Bevier, Dean Vivian, Miss Knowles, and Dr. Butterfield, and the stories turned in will be featured in the magazine. A booklet giving full information will be sent on request to Home Improvement Editor, Farm and Home, Springfield, Mass.

A Competition in Interior Decoration. The Art-in-Trades Club of New York, which has held four annual exhibits of interiors furnished and decorated at specified costs, now announces a competition in the decoration and furnishing of two apartments. One, which the Club considers especially important, is to be suitable for a family with an annual income of about $6,000, and the other, which allows for the use of costly materials and craftsmanship, for an income of $30,000 or more. For the purpose of stimulating designs especially adapted to modern American conditions, direct copies and imitations of old designs will be barred. Drawings and specifications for competing designs must be received between September 15 and 30, 1925. Five members of the Club will act as jury and on October 15 will announce the awards of two prizes of $1,250 and one of $1,500. The completed rooms will be exhibited at the Art-in-Trades Club in the spring of 1926, and thereafter it is proposed to exhibit them in at least three other cities. Inquiries should be addressed to Exhibition Committee, Art-in-Trades Club, 34 East 38th Street, New York City.

American Association of Teachers Colleges. This organization has recently applied for and received admission into the National Education Association. According to *School and Society* this leaves no im-

portant group of educational workers outside of the N. E. A., a situation without precedent in other countries where the various groups of teachers and school officers tend to remain separate.

Conferences on Eugenics. In addition to the International Pro-Malthusian and Birth Control Conference in New York last spring, which was so widely reported by the press, two other important meetings of eugenicists are scheduled for the summer, the 13th annual meeting of the Eugenics Research Association at Cold Spring Harbor, New York, June 27, and the International Commission on Eugenics in London, July 14 and 15.

Western Arts Association. The 31st annual convention at Memphis May 5 to 8, was the first meeting held in the South. Among papers of interest were: "Developing appreciation," by Anna V. Horton, Cleveland Museum; "Art weeks, objectives, methods, results," Mary E. Robinson, Washington, Indiana; and "Democratization of art," by Franz Aust, University of Wisconsin.

Eye-Sight Conversation Council. At a recent meeting M. Luckiesh, director of the Lighting Research Laboratory, Nela Park, Cleveland, read a paper "Light in the Home." His chief point was that home lighting problems can be solved by the use of common sense and easily available information, but that public indifference must be replaced by interest before proper attention will be given this important factor in the conservation of vision and the comfort and attractiveness of home life.

School of Applied Design for Women. The thirty-third annual exhibit was held at the school, 160 Lexington Avenue, from May 12 to 20, and at the Class Day exercises on May 14, the address was delivered by Paul Dougherty, the well-known painter of marine pictures.

Summer School of Visual Education. Various phases of visual education, especially the technique of selecting and using materials and instruments, will be treated in five days' instruction offered in Chicago, July 27 to 31, under the auspices of the De Vry Corporation, manufacturers of motion picture projectors, stereopticons, and similar equipment. A. P. Hollis, formerly director of visual instruction at the State College of North Dakota, will conduct the school and the special lecturers will include persons well known in the educational world as well as members of the De Vry Corporation and film manufacturers. No fees will be charged. Information may be obtained from the De Vry Summer School, De Vry Building, 1111 Center Street, Chicago.

U. S. Bureau of Home Economics. The Bureau helped to emphasize the importance of proper nutrition in growing children by issuing for use during Child Health Week popular but carefully-prepared press releases on such topics as "Filling up the boy," "Why coddle eggs?", "Eggs for children a close second to milk," and "Jack Brown's Bowlegs."

Profit-Sharing in a Teachers' Bureau. The American College Bureau, which devotes itself to teacher placements in colleges and universities, last year remitted to teachers on its lists ten per cent of the commissions paid to the bureau, this representing the profits after all expenses of the bureau had been met. Operation on a cost basis, with surplus returned to those using the Bureau has long been the ambition of the Bureau, and according to the director, Ernest E. Olp, takes the work from a commercial to a professional basis.

MISSOURI

University of Missouri. Hannah A. Stillman of the foods division has been granted leave of absence for 1925–26. She has accepted a Sterling scholarship in the department of Physiological Chemistry at Yale and will study nutrition there.

Eva Mae Davis, a graduate student in the department of home economics, is studying at the Merrill-Palmer school.

A second practice house has been equipped to take care of the increased enrollment in the home management course. Dorothy, age five months, is the newest member of the practice house family.

The new plan of conducting the home economics contests for high school pupils by holding the preliminary tests at the state teachers colleges and the finals at the University proved successful. More schools participated and the interest was keener.

Jane Hinote, who is in charge of the Four H. home economics clubs in Missouri, reports that she has held organization meetings in seventeen counties with an attendance of one hundred and twenty-five club leaders.

MONTANA

Montana Home Economics Association. The mid-year meeting of the Council was held in Bozeman on May 2, with Florence Fallgatter, the state president, in the chair. Plans for the coming year were discussed and a budget adopted. Helen Gleason, of the State University at Missoula, was elected president to fill the unexpired term of Miss Fallgatter, who is to be away on leave for study next year. Inez LaBossier, clothing specialist for the extension service, was elected treasurer in place of Miss Gleason, and Gladys Branegan alternate councilor.

Montana State University. Margaret Sawyer, of the Post Products Company, visited the University early in April.

Montana State College. The fact that the college was placed on the list of fully accredited colleges of the American Association of University Women in April is a source of satisfaction not only to the college and its alumnæ but to all friends of land grant colleges. Kansas and Oregon State Colleges were admitted last year.

Two 1925 graduates are to take courses as student dietitians: Alice Graham at Mayo, Rochester, Minnesota, and Doris Phillips at Cook County in Chicago.

Florence Fallgatter, in charge of the teacher training work, is to teach at the summer school of the University of Missouri.

Margaret Sawyer was a guest at the home management house during April and talked to the members of the home economics club.

The Montana home economics extension service, under the direction of Blanche Lee, is to feature mothers' camps again this summer. Seven will be held in various parts of the state, the out-of-state helpers being Dr. Caroline Hedger, Florence Wood, and Miriam Birdseye.

NEBRASKA

Nebraska Home Economics Association. A meeting was held in Lincoln, April 16–17. Dr. Katharine Blunt, president of the American Home Economics Association, gave two interesting talks, and Lita Bane, executive secretary, brought a message of hope and food for thought. "Health as an object of education," was discussed by Mr. Lefler, superintendent of Lincoln public schools. Frances Prekarski, Lincoln's representative on the national committee of visiting teachers, New York City, stressed the position of the home in education.

Lincoln. The Home Economics Club is an organization of girls majoring in home economics. A business meeting is held once a month. At least once during the year, each class presents a short program consisting of a skit or various solo numbers. One of the meetings is devoted to a talk given by one of the girls who has studied at the Merrill-Palmer School. To encourage home economics, the Club makes a loan of one hundred dollars each year to a girl majoring in the work. This year it is sending its president to the American Home Economics Association meeting in San Francisco, and has made a donation to the Ellen Richards Fund. In order to carry out these plans, the Club sponsors several money-making activities. A comedy, "Miss Fearless and Co.," was an outstanding event of the year. A picnic at the Agricultural College campus will close the season, and election of officers for the following year will take place at that time.

Omaha. The Vesta Club of the Omaha South high school, composed of fifty household arts girls, observed Mothers' Day on May 5. Mrs. Beckett, one of the mothers,

spoke on "Our Daughters," and a response was made by Alice Kopecky, one of the club girls. The dean of girls, Miss McLain, discussed "Wonderful mothers of history," and Mr. Marrs, the principal, talked on "Fathers." After the formal program, tea was served and a delightful social time enjoyed in the dining room. The club colors, orchid and pink, converted the dining room and hall into a fairy garden.

The new Omaha South high school is under construction and will be ready for use by April, 1926. The following space has been set aside for the household arts department: two food laboratories with unit kitchen arrangement and storage space; one dining room; department office; storage room; two clothing laboratories with fitting rooms; one recitation room; applied art and household management room.

Forty Omaha members of the home section of the American Association of University Women met at North high school for their April meeting. Lucy Harte, head of the household arts department, discussed correct table form and service. This was followed by a demonstration in which members of an advanced foods class selected a dinner menu, set the table for this meal, then played the parts of father, mother, guest, and high school daughter when the meal was served. After the program, the girls served tea to the visitors.

Home Economics Evening Classes. These are open to women over 16 years of age who are not enrolled in the regular day schools. Instruction is organized in unit courses, to meet the needs of individual students in the group. This type of class may be organized in any school district, small or large. Home sewing, home cooking, home millinery, child care, prenatal care, home nursing, marketing, home management, home gardening, household accounts, and all other homemaking subjects, together with their related art and science may be offered; that is, any subject which will improve the student, mentally or physically, and which will carry into the home. Evening classes in home economics are maintained in: Bayard, Cairo, Columbus, Doniphan, Fremont, Grand Island, Gering, Havelock, Lincoln, Omaha, Plattsmouth, Scottsbluff, Sidney, Wood River. Beaver City, Cozad, and Wahoo are considering starting classes next year. "Evening Classes in Homemaking" is a publication available to all interested in evening school work. It answers many questions frequently asked regarding homemaking education.

University of Nebraska. While for several years there has been a child in the home management house, this spring a mother with her two-year old daughter has been a member of the home management family. The care and observation of two children has been a valuable experience for the students, as each presented different problems of diet and management.

A special feature of the clothing exhibit was a clothing clinic conducted in an attractive consulting room by advanced students of costume design. The young women in charge advised their visitors about suitable materials, designs, and colors, suggesting ideas for finishes and methods of work.

At a recent meeting of Zeta Chapter of Omicron Nu, Grace Margaret Morton gave an informal talk on the illustrative material recently acquired by the home economics department. Among the collections are rare pieces of Coptic textiles, French brocades, Persian velvet, Chinese brocades, embroidered Indian saris, and peasant embroideries. The discussion concerned the historical periods represented by these textiles and explained how they are used in the study of color and design.

Miniature rooms have proved to be an effective means of teaching color in the home furnishing classes. The rooms, carefully chosen from house plans in magazines and books, are made of book board, without ceilings and with one side-wall removable, in order to give a better view of the interior and yet permit a correct arrangement of the furnishings. With all parts of the project constructed to the scale of an inch to the foot, it is a simple matter to maintain correct proportions. Paper is used for the greater part of the furnishings, from painted

cover paper for the furniture to dyed Japanese rice paper for the curtains.

One objection sometimes made to a problem of this kind is that it takes too much time, but with students working in groups of from three to five on each room, it was possible to complete the work in less time than would have been required to paint a single side-wall elevation of a room and the results were much more satisfactory. Such a problem quickens the powers of observation, develops judgment in selection and arrangement, and accurately represents tone and color. Students are enthusiastic about it and eager to express their ideas as exactly and completely as possible.

NEW MEXICO

Vocational Home Economics. In the April number of *The Vocational Counselor*, issued monthly by the State Board for Vocational Education, appear articles on "A family relationships unit," "Home decoration suggestions," and "What to do with the small, dark bedroom." Vina Robertson is in charge of home economics education under the State Board.

NEW YORK

New York State Home Economics Association. Although it was the fifth annual meeting, the conference of the New York State Home Economics Association, held April 13 and 14 at the Hotel Commodore in New York, was the first since the State had been organized into seven districts. The opening general meeting was conclusive evidence that the conference was to be a success.

Myrtle V. Caudell, as acting president, called the meeting to order and suggested that the group stand silent for a moment in memory of the president, Grace Schermerhorn, who died January 11. Immediately following, the secretary read a memorial (already published in the March JOURNAL) to be spread on the records in recognition of Grace Schermerhorn's valued service to the New York State Home Economics Association.

At the several general sessions, the subjects presented varied markedly. Dr. Frank W. McMurry spoke on "How to study in home economics," Dr. Ira S. Wile on "Mental hygiene," Martha Van Rensselaer on "Consistency," and Cora M. Winchell reported on her visits to the home economics departments in schools and colleges on the western coast.

One session was devoted to three section meetings: Nutrition, Homemakers and Women in Business meeting jointly, and Education.

One very inspiring meeting was a conference of representatives of the student clubs of the state at Teachers College. Elna Allen, a senior at the State Normal School, Buffalo, was chairman. Mrs. Anna Gemmill, also of the Buffalo Normal, faculty adviser, met with the girls and later reported their suggestions at the business meeting. More than forty representatives from clubs of the state attended the conference.

The following officers were elected: President, Anna M. Cooley; secretary, Mrs. Nancy McNeal Roman; councilor, Florence E. Winchell; alternate, Margaret Sawyer. The vice-president, Myrtle Caudell, and the treasurer, Laura Comstock, continue in office for another year. The state membership now numbers 410.

Tuesday afternoon, the Women's Faculty Club of Columbia University entertained at tea in their new rooms in Johnson Hall. The guests agreed that the faculty club is amply justified in taking pride and satisfaction in its delightful quarters, the furnishing of which are a fitting tribute to the committee who had charge of the work.

The most delightful feature of the whole conference was the luncheon given in honor of Miss Martha Van Rensselaer. Two hundred and forty-two attended the luncheon. Miss Anna Barrows was toastmistress and the atmosphere was a happy mixture of fun and serious appreciation.

New York State College for Teachers. An effort is being made to raise the standards of technical work in three different ways:

1. No college credit will be given for the elementary foods and clothing courses. Entrance examinations will be used as a basis upon which exemption may be allowed. 2. Following a precedent already established by other institutions in the state, summer project work will be required. 3. Credit will be given for one course of supervised activities in the home.

Skidmore College. In April, the students in home economics organized a departmental club with 50 members and sent two delegates to the state association meeting in New York City. A program has been outlined for the remainder of the semester, and a committee been appointed to suggest plans for next year. The officers are: President, Mary Stone Kinloch; vice-president, Frances Tompkins; secretary and treasurer, Mildred Bailey.

Through the cooperation of the Katrina Trask Alliance, students in advanced cookery gave a series of demonstrations at the Katrina Trask House to large audiences.

A program to interest children of the lower grades of the public schools in what they should eat is being worked out by the members of the course in child care. Stories, games, songs, and posters will be used as illustrative material. The children's clothing class made a complete new layette for the department doll, which is used for demonstration work.

Elmira College. Department of Home Economics. The nutrition class has had its interest intensified this year by a baby at the practice house. Patty was three months old when whe arrived in February and is to be returned to her parents in June. Two senior nutrition students live at the house and take charge of the baby for three weeks, then two others. Patty's growth and improvement interested not only the girls who took turns being mother but also the whole college. Her clothes were made by the freshman clothing classes. The girls assisted in the selection of the layette and made the garments whenever possible, thus lessening the expense and providing better materials.

Western New York Home Economics Association. Seventy-five guests attended the luncheon held February 28 at the Hotel Lafayette, Buffalo. This meeting was in charge of the clothing section, and Mr. Edgar O. Scholl spoke on the "Problems of a style shop." Another interesting luncheon meeting was held to wind up the year on Saturday, May 2.

OHIO

Ohio Home Economics Association. The third meeting of the year was held at Mansfield, March 7, at the headquarters of the demonstration which for three years the American Child Health Association has been conducting. The children demonstrated how they had learned good food and health habits through little plays and games. The director, Dr. William DeKleine, talked about goitre and its prevention. Mary Sweeny discussed the work of Merrill-Palmer School in Detroit. Flora Rose of Cornell University briefly but forcefully outlined a legislative plan to further the work of home economics in all states, and emphasized the responsibility of home economists in supporting such measures.

The Association held its annual meeting at Ohio State University in Columbus, May 1 and 2. The following officers were elected: President, Nancy H. Folsom, Norwalk; first vice-president, Mrs. Agnes Ludman Billman, Dayton; second vice-president, Mrs. Iva Cairnes, Oberlin; secretary, Louise M. Dornbusch, Dayton; treasurer, Ida Patterson, Columbus. Among the papers presented were: "Home economics and the press," by Bess M. Rowe, of the *Farmer's Wife;*" "Progress in home economics," by Faith Lanman, of Ohio State University; "The American home," by Mrs. Edith McClure Patterson, of Dayton; and "The hospital and its responsibilities in the community," by E. Moreland Geraghty, of Lakeside Hospital, Cleveland. Pleasant features of the meeting were a tea given by the Home Economics Club in Pomerene Hall and a luncheon in the new Faculty Club, at which representatives from various coöperating organizations were introduced to members.

Northwestern Ohio Teachers' Association. One hundred women attended the meeting of the home economics section in Toledo, April 18. Elsa Frame, assistant director of Smith Cafeteria in Toledo, told of the work of the American Restaurant Association in raising the standard of foods served the public. "Teaching house furnishings" was discussed by Miriam Harris of the Museum School of Design, Toledo. Julia Coburn, publicity director of the La Salle and Koch Company, Toledo's largest department store, discussed "Dress and the modern woman."

Ohio State University. The home economics nursery, organized during the winter as a laboratory for the students in the child-care course, has been open on Monday, Tuesday, Wednesday, Thursday, and Friday mornings from eight-thirty until twelve, or occasionally until twelve-thirty so that the children might have dinner together. The program for the morning has been very informal and flexible. Some of the interesting features are an opportunity for play with sand, blocks, kiddie-cars, balls, and bean bags, and for work at the tables stringing beads, drawing, modeling with clay, and designing with blocks. Group work consists of songs, rhythm, and stories, and a walk or play out of doors followed by a rest period. Special attention of course is given to the physical condition of the children and their health habits. Enrollment was first limited to twelve children from the ages of three to six years, but for the spring quarter, the age is two to five. The day in the nursery is to be extended to four o'clock in the afternoon. Dinner will be served every day and will be followed by an afternoon nap, and a play period out of doors whenever the weather permits.

A series of talks called "Helps in home furnishing," by Maybelle Cornell and Mrs. Frederick Ives, was broadcast at 11 a.m. each Tuesday from WEAO, the University station.

Elements of homemaking, taught by Mrs. Grace Walker, a new elective course offered in the spring quarter to juniors and seniors not majoring in home economics, is a non-technical course in which the principles of household administration are introduced. It includes the factors influencing the general division of the family income and the principles of selection and purchase of clothing, textile materials, and equipment for the home. Both boys and girls are taking the course. Mrs. Walker said, "The boys are intensely interested in household management and clothing. Wearing quality in clothing appeals to them more than to the girls of the class."

Catherine Christen of the extension service has organized a "Better Kitchen Contest" in Lucas County. Harriet Mason, household editor of the *Ohio Farmer*, and Geneva M. Bane, home management specialist, spent the first week in March visiting and scoring all the kitchens enrolled. After final scoring is made, the prizes will be awarded and a tour made to the best kitchens.

All home demonstration agents in the state were called together at Ohio State University during February to receive additional training in subject matter and methods of work. Six specialists are giving full time for two and one-half months to subject-matter training for all girls' club leaders and have planned a related junior and senior program of work. C. B. Smith, from Washington, D. C., in charge of all phases of extension work, spent three days in Ohio during March. With Miss Price, state home demonstration leader, he visited Darke County, where home demonstration work has been done with an agricultural agent and without a home demonstration agent, and Huron and Lucas counties, where home demonstration agents have worked for a number of years.

Emma E. Sparks began her duties as the first home demonstration agent in Darke County in June. Miss Sparks is a graduate of the University of Chicago, and was home demonstration agent in Iowa and assistant state leader in Illinois before coming to Ohio.

Grace E. Frysinger, of the United States Department of Agriculture, spent the week

of May 4 in the home economics extension office, checking up reports of last year and making plans for 1926.

Phi Upsilon Omicron and the Home Economics Club sponsored a lecture on "Vitamins for health" by Dr. Henry C. Sherman, in March. In May, Phi Upsilon Omicron arranged for a series of talks on child care by Emma Henton, Merrill-Palmer School, and a lecture on "Effect of sunlight on babies," by Dr. W. T. Bovie, Harvard Medical School.

The Home Economics Club has issued an attractive pamphlet dedicated to senior girls and describing different opportunities open to home economists.

Homemakers in the Home Economics Club of Dayton, in coöperation with the extension department, are working on the following problems: to compare two methods of bed-making to find which takes less time and gives more satisfaction; to test two methods of housecleaning and report the one that accomplishes better results with less exertion; to make a comparative study of two methods of dishwashing; to compare a week's meals planned in advance with a week's meals not so planned, and to report on time, work, and money spent in preparation and serving of meals.

Farmers' Week attendance this year was 5,424. Last year, it was 4,901. The home economics program during the week stressed phases of work receiving attention through extension projects including: phases of health, nutrition, clothing, and home management.

Ohio State Educational Conference. "Democracy in education" was the keynote of the fifth annual session at Columbus, April 2, 3, and 4. The program of the home economics section included an address by Mary E. Sweeny, Merrill-Palmer School, on "The first lesson in democracy," and one by Julia Emery Turner, Antioch College, on "The Antioch adventure in home economics."

OREGON

Oregon State Agricultural College. A group of 45 seniors in home economics spent four days on the annual field trip to Portland, visiting food products and textile industries, schools, hospitals, clinics, and large department stores. The students were much impressed with the scientific principles used in producing standard articles, with the marvelous machinery invented to increase production, and with the cordial receptions and the spirit of hospitality shown them in spite of the inconvenience caused and time consumed by each visit.

A nutrition council has been formed, consisting of representatives of resident and extension departments which are dealing with food production, nutrition, and agricultural research. The objectives are: 1. To establish nutrition standards which shall be recognized as a factor in the agricultural program and which shall be the basis for the nutrition program in Oregon; 2. To assemble accurate and comparable data needed in the nutrition program; 3. To insure in all departments a correct understanding of their place in the nutrition program and of the relation of food staples to scientific nutrition; 4. To correlate the nutrition extension program with that of the agricultural production program.

The Home Economics Club of the college gave a silver tea May 2 in honor of the home economics faculty. About 500 invitations were sent out to home economics alumnæ and former students living in and around Corvallis, to all women of the faculty, and to many friends of the college. The silver offering was to complete the sum which the club has undertaken to raise for the support of a Chinese student during a year's graduate study at O. A. C.

PENNSYLVANIA

Temple University. The home economics club which was organized in the fall of 1921 held an alumnæ reception in Conwell Hall on March 20. Anna M. Cooley of Columbia University was the special guest and gave an interesting talk on "Home economics in the public schools." Besides alumnæ, there was present a very good representation of the Philadelphia home economics teachers.

Annual Summer Conference. Home economics teachers and supervisors in the

state of Pennsylvania will meet at the Pennsylvania State College August 10, 11, and 12. The plan is to have Edith Thomas, of the Federal Board for Vocational Education, meet with the group. The general theme will be "The analysis of the responsibilities of the teacher of home economics." These responsibilities will be listed and as many of them will be analyzed as time permits.

Emma Francis. Notice has been received of the death in March of Emma Francis, formerly at Battle Creek, and more recently at Pennsylvania State College.

RHODE ISLAND

Rhode Island Home Economics Association. The Providence Housewives' League had an open meeting in March at which the Association was its guest and Emeline S. Whitcomb was the speaker. The Association appreciates the splendid coöperation with the Housewives' League.

Rhode Island State College. Prof. Cora Winchell spent May 1 at the college and addressed the students on "Humanizing home economics." A tea was given at the dormitory for women by the home economics faculty, at which the students and women of the community had an opportunity to meet Miss Winchell informally.

The college entertained the Rhode Island Home Economics Association on June 6 at its annual picnic. Lunch was served on the lawn. The girls' department held its annual exhibit and tea on June 3. The freshmen were in charge of the decorating, and the sophomores prepared and served tea. The juniors were in charge of the nursery where the children of guests could be left and cared for, and the seniors acted as living models for the gowns they had made.

Vera Swan, 1925, president of the Rhode Island State College Home Economics Club, writes: "This year we have contributed fifty dollars to Yen Ching College, Pekin University. This small sum will enable one Chinese girl to enter and complete one year at the college. Our hopes and ambitions are to see this girl through four successful years of higher education along home economics lines, with the definite idea in mind that she, in turn, will spread her learning through the rural districts of China. In order to raise this money the club had a tag day and all women students and home economics faculty were proud to wear the tag which would help give some one less fortunate than themselves a good all around training in home economics."

Pawtucket. Grace C. Whaley, state supervisor of home economics education, gave a talk on "The kind of clothes we ought to like" before the Pawtucket Women's Club. A local milliner and a local clothing dealer coöperated by loaning hats and gowns, which were worn by club members to illustrate Miss Whaley's talk.

Peace Dale. A new Home Economics Club has been formed at the Neighborhood Guild, with fifteen members. They have helped to create a pleasant atmosphere among the different high school students by entertaining for three basket ball groups; at one time they served sandwiches and cocoa, at another time tea, sandwiches, and cakes, and at the last game coffee and doughnuts.

Providence. Students of the home economics department of the John Howland School, under the direction of Mrs. Susan B. Earle, served a May Day breakfast. An attractive May basket formed the center piece and favors and place cards were made by the students outside of class time.

Twenty-two evening cooking classes were held during the winter by members of the Home Service Department of the Providence Gas Company. A total number of 364 registered. These classes closed with a blue-ribbon exhibition at the lecture room of the Gas Company, different members of the classes exhibiting food which they had prepared outside of class. Three forenoons each week a trained home economist broadcasts a talk on a household subject, recipes, menus, and household help as a branch of the work of the department.

Technical High School. The annual exhibit of the home economics department was held in April in conjunction with the Parent-Teacher Association. The clothing and craft work was exhibited under the direction of Lucy H. Pierce and her assistants. The foods work, which consisted of prepared menus with food values indicated, was under the direction of Rose E. Loetzer and her assistants. The combination of exhibit and parent teacher association meetings seems to be most successful.

SOUTH CAROLINA

South Carolina Home Economics Association. The annual meeting was held in Columbia on March 26 and 27. The main speakers were Ruth O'Brien, U. S. Bureau of Home Economics, on "Special research work done by the Bureau," and Gertrude Warren, U. S. Department of Agriculture, on "Cooperative extension work in home economics." Joint meetings with other departments of the South Carolina Teachers Association were held in the afternoons to hear Dr. Davis Snedden and Dr. Mabel Carney of Columbia University. The banquet at the Jefferson Hotel Friday evening was held jointly with Clemson alumni and vocational workers. More than sixty home economists attended the meeting.

The Association includes in its membership all persons interested in home economics: homemakers, social workers, business women, institutional managers, as well as home demonstration workers and home economics teachers. Officers elected for the new year were: President, Alice B. Foote, Winthrop College, Rock Hill; vice-president, Lonny I. Landrum, Rock Hill; secretary-treasurer, Blanche Tarrant, Greenwood; councilor, Frances Williams, Rock Hill; alternate, Mary Alice Suber, Newberry.

TEXAS

Home Economics Clubs. Texas hereby declares her intention of entering the race for leadership in student home economics clubs. There are 31 affiliated clubs in Texas in the following institutions: University of Texas, Sam Houston and West Texas State Teachers Colleges, and high schools at Beaumont, Belton, Brownwood, Caddo, Carrizon, Cisco, Dilley, El Paso, Goforth, Goliad, Hempstead, Iowa Park, Jasper, Kidd-Key, Kress, League City, Oak Cliff, Perryton, Santa Anna, Shamrock, Sherman, Somerville, Taylor, Uvalde, Vernon, Weimar, Wellington, and Tyler. The Texas Home Economics Association has recently published a bulletin of information for student home economics clubs. Each of these clubs has received an attractive certificate of affiliation to be framed and hung in the home economics department.

Sixth Annual Girls' Clothing Contest. This was held in Austin April 23–25. Attendance totaled 631 contestants and teachers from 135 high schools. The Stephen F. Austin Hotel gave special rates, so that all could stay under one roof. The home economics departments in the 135 schools represented had raised the money to defray all expenses.

There are three divisions in the contest: (1) The feature divisions in which the dresses with all the accessories, including shoes, hose, hats, underwear, hair-dress, etc., are judged on the girls who made them; (2) the general exhibit division in which two articles or garments of each type made throughout the course are displayed; (3) the applied design division which shows the students' expression of design principles. This phase of the contest has undeveloped possibilities, and much improvement has been observed in the past three years.

In the feature division, ribbons and certificates were issued to place winners, a blue ribbon counting 15 points, a red one 10, and a white one 5. Prizes were given to the schools winning high total scores. In Group A, Beaumont won first prize, a Singer electric sewing machine donated by the Singer Sewing Machine Company; Austin won second place; Ranger and Fort Worth tied for third, and Lubbock and El Paso received honorable mention. In Group B, Marshall won first place, receiving a sewing machine donated by the White Sewing Machine Company; Mexia came second; Longview and South Park tied for

third. In Group C, Bryan won first place, Pharr-San Juan second and Schulenburg third. The second prizes for each group were silver pitchers, and the third prizes tomato servers and cold meat forks.

For general exhibits in Group A, Beaumont won first place, San Antonio second, and Austin third. In Group B, Marshall won first place, Gainesville second, and Burkburnett third. In Group C, Seymour won first place, Garfield second, and Schulenburg third. East Bernard had honorable mention. A cash prize of $35 each was given for first place in each group by the Texas Congress of Parents and Teachers. Sterling sandwich trays were given as second prizes; no third prizes were given.

For the design entries, hand-painted bluebonnet pictures were given as prizes. The following schools won places: Group A, Victoria first, Austin second, and Lubbock third; Group B, Del Rio first, Brownwood second, and Burkburnett third; Group C, Seymour first, New Braunfels second, and Huntsville third.

An entire day was devoted to judging. Lucy Rathbone, head of the clothing department, University of Texas, was chairman of the feature judges, Drusilla Kent, state supervisor of home economics in Arkansas, was chairman of the exhibit judges, while Mrs. Julia Atwell, College of Industrial Arts, and Henrietta Porr, State University, judged the designs.

Many courtesies were extended to the girls by the citizens of Austin. The Majestic Theatre was loaned for the school girls' style show and public program. Prizes were awarded by Mrs. S. M. N. Marrs, a national vice-president of the Congress of Parents and Teachers. The merchants decorated the streets, made special window displays, and gave charming souvenirs to the contestants. A drive, a combination picnic and lawn party, and a reception by Mr. and Mrs. H. H. Sevier at Laguna Gloria, were among the entertainments.

The clothing contest, in addition to broadening the lives of the girls has done much to promote a general appreciation of home economics work.

El Paso. The vocational home-making classes for women, now in their second year, have been filled to capacity, with 1,042 enrolled since October 1. The classes in millinery and dressmaking have been unusually popular. The mothercraft course is new in El Paso, but has already proved its worth. It consists of 18 lessons on child welfare, family health, personal hygiene, home nursing, communicable diseases, and first aid, and is taught by a graduate nurse.

Sul Ross State College. The home economics department, of which Grace D. Bedell is director, served a five-course dinner on April 20 to the one hundred delegates of the sixth district of the Woman's Federation of Clubs, then in session at Alpine. On the 24th of April, the department served a "Yellow and White Tea" to the ladies of Alpine in honor of the visiting delegates of the Parent Teachers Association, and during that week the work of the clothing classes was on display. Courses in both foods and clothing will be offered in this department during the summer term.

University of Texas. Gene Spencer of the home economics department is the author of a very interesting cross-word puzzle on milk, which was used recently to stimulate interest in health week, especially among those eating at the University cafeteria.

Upsilon Chapter of Omicron Nu held initiation for new members at five o'clock on Wednesday, April 22, at the Faculty Women's Club. The ceremony was conducted in the impressive living rooms of the Club, which were decorated with flowers and candles. Everyone was dressed in white and the new girls wore corsage bouquets. The whole made a very lovely picture as it was reflected in the fine old mirrors of the rooms. After initiation, the old and new members had a delightful supper at the "Little T Shop." Five seniors and three juniors were initiated: Thelma Showalter, Elizabeth Eby, Belva Doss, Glenn Merchant, Inez Alvord, Willie Mae Berry, Ruth Hilliard, Florence Petty,

VERMONT

State Vocational Homemaking Conference. On May 15 and 16 a conference of teachers was held in Burlington to complete a course of study in vocational homemaking for use in the state.

University of Vermont. During the State Teachers' Conference held at the University on March 20 and 21, the home economics section had a well-attended, enthusiastic meeting with an interesting program. Miss Bertha Terrill gave a few words of welcome. Leonora B. Armstrong, president of the Vermont Home Economics Association, led the discussion on "Health work being done in the state." Sara M. Holbrook of the University spoke on "The home economics teacher, a social asset in the community." Clyde Schuman, of the American Red Cross, spoke on the "Cooperation of the Red Cross in health work." Miss Claire, representing the New England Dairy and Food Council, told how that organization is coöperating in health work. Jessie Winchell, state supervisor of home economics, spoke on "Home economic tests and measurements."

Barbara Hunt, of the Burlington high school, is assisting in the supervision of student teaching this year. This places her on the home economics staff of the University.

Omicron Nu. Phi Chapter was installed at the University of Vermont on March 28, as the first chapter established in New England. Genevieve Fisher, the national president, was the installing officer, and Alice E. Blundell, a member of the faculty and of Gamma chapter, Iowa State College, was instrumental in establishing the new Chapter. Six active and two honorary members were initiated into the chapter.

WASHINGTON

Washington State Home Economics Association. At a special meeting in Tacoma, February 14, changes in the constitution were adopted, providing for an eastern and a western section with a state council to serve as connecting link between the two sections and the American Home Economics Association. The new plan goes into effect in the fall. In the interim, Elsie Maxwell of Spokane will serve as vice-president.

President George H. Black of the Ellensburg State Normal spoke on "The place of the home economist in the health program." Discussion followed the address and led to the adoption of the following resolutions: "That no quarter of work shall be offered in elementary, high school, normal school, college or university without strong emphasis upon fundamental health principles and their applications, and that appreciation of health problems be a part of all teacher training.—That we, assembled as a Washington Home Economics Association, pledge ourselves to observe this practice and to encourage our fellow home economic workers to do the same."

It was voted that the executive council make a list of trained home economists who have knowledge and appreciation of nutrition work, and send it to Dr. George J. Mohr, of the division of maternity and child welfare, State Department of Health, so that he might have trained assistants in the child health conferences.

Luncheon was served at the New Jason Lee Junior High School, and in the afternoon Dr. F. A. Osborn, University of Washington, spoke on "The application of physics to home problems."

Inland Empire Teachers' Association. The annual meeting was held in Spokane April 9 to 12. The home economics section met on Thursday afternoon at the Davenport Hotel, with Clara Bond of the Lewis and Clark high school, Spokane, as chairman. The following interesting program was given: "The newer methods of teaching clothing," Grace Denny, University of Washington; "A study of home life," Ava B. Milan, Oregon Agricultural College; "The contribution of home economics to the health program," Margaret Sawyer, Post Products Company, New York: "Home economics and the farm woman

movement," Maude Wilson, extension specialist, of Washington State College. At the close of the program a business meeting was held at which Ava B. Milam was elected president and Inis Arnquist treasurer.

State College of Washington. The Ellen H. Richards Club kept open house on May 2 from 1·30 to 5 p.m. at the home economics building. Exhibits of weaving, dyeing, clothing, millinery, china, home furnishings, food, etc., were shown, and two playlets, "Care of Clothes," and "Mother's Cure," were given during the afternoon. Dainty refreshments were served in a tea room by waitresses in Watteau costumes. The proceeds of this and of a cake and candy sale will be given as a year's scholarship for a Chinese girl in a Chinese university.

Tacoma. The Home Economics Club has been organized for twelve years and now has about forty members, among them teachers of home economics and industrial art, dietitians, lunch-room managers, homemakers, a school nurse, and a superintendent of the Anti-Tuberculosis Sanitarium. During its early years, the club was a study group, but later it became primarily a social club, meeting once a month for dinner and entertainment with a short business meeting following. The club was hostess to the Washington State Home Economics Association in February in one of our new junior high schools. The Association will meet with us again in the fall.

The building of five new junior high schools has brought about a complete reorganization of courses. Two new courses are offered in home economics: children's clothing, and social science or family relationships and the home, the latter a single-period course elective for juniors and seniors. The home economics department is coöperating closely with the health department of the schools to bring about better health conditions among the girls. Lunch is served to underweight students in the middle of the forenoon by the foods classes and plays have been given to emphasize the health of education.

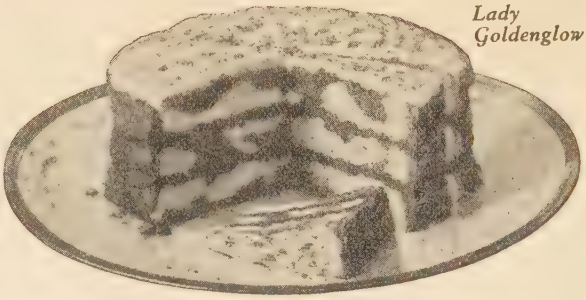
WEST VIRGINIA

Montgomery. The department of home economics at Montgomery, under the direction of Hope Bush, coöperated with the Women's Club in a program for Better Homes Week. The Women's Club offered prizes for the two best kitchens. The high school class in home planning and furnishing prepared a score card for judging the kitchens and May 15 it spent the regular class period in judging them. The furniture and hardware dealers showed interest in the project to the extent of asking the home economics classes to arrange model kitchens in their show windows. In connection with the annual exhibit held by the department of home economics, the class will attempt to show how to select and hang pictures, suggest a color scheme for the living room and bed room, and arrangement of the furniture in these rooms.

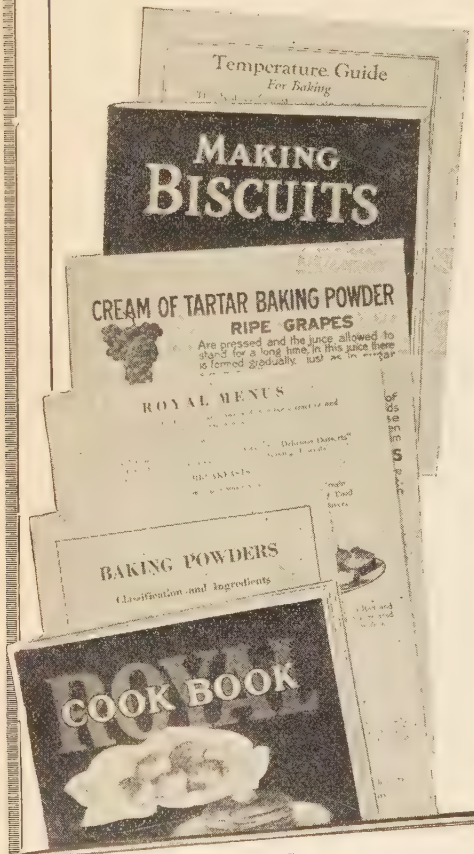
Webster Springs. Following an evening program of "Better Kitchens," presented by the senior students in home economics before the Civic Club, the Club requested the students to prepare score cards for judging the kitchens in the village during Better Homes Week. The students were also invited to devise a homey living room needed by the dramatic club in one of its plays, and this became a real class project. Beatrice Cogar is the teacher at Webster Springs.

Sutton. Miss Risher reports: "The girls from the department of home economics helped doctors and nurses who made the physical examinations of the school children here and the department is securing suitable literature for them."

Shinnston. One of the clothing classes furnished the teachers' rest room. As the board of education allowed only a small amount for this purpose, it required careful planning. The girls decided on the pieces of furniture actually needed, which were: one single bed, including springs, mattress, pillow, and sheets, pillow cases, blankets, and spread; one dressing table; one rocking chair; one straight chair; one 9 x 12 rug; draperies. All the furniture was good, but second hand. The girls refinished it in



Lady Goldenglow



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WISCONSIN

Wisconsin Home Economics Association. The council, of which Miss Allen is president, met on Saturday, May 2, in the home economics building of the University of Wisconsin. Luncheon was served to the members by a group of institutional management students, while in the afternoon another group of students served tea at the practice cottage. The committee on membership reported that the enrollment of the association had increased fifty per cent this year and that a similar increase was hoped for next year. The committee on course of study reported that the course is being tried in several places in the state and that it hopes to have it ready for discussion and final publication in 1926. The remainder of the meeting was devoted to a discussion of the subjects to be presented at the annual meeting of the A. H. E. A., to which Susan West, of Milwaukee Downer College, will go as the delegate.

Wisconsin River Valley Home Economics Club. The semi-annual meeting was held at Marshfield, May 9. The principal speaker was Daisy A. Kugel, of Stout Institute, who gave a very interesting talk on "Food and food habits" as she had personally observed them in England and France. A special effort was made to have every member of the club a member of the Wisconsin Home Economics Association.

University of Wisconsin. Jennie Rowntree, 1918, who will receive her master's degree from the University of Chicago this June, will return to her work at Milwaukee Downer College next year.

Ann Braun, instructor in nutrition and dietetics, is resigning at the end of the summer school to be married. Her place will be taken by Dr. Ella Woods from Columbia University.

From April 16 to 19 the All-University Exposition was held in the gymnasium. In the home economics booth, the students had a tea room and put on several exhibits and demonstrations. The new method of using lemon juice in baby feeding was demonstrated by the girls in nutrition and dietetics, menus to be used in increasing and decreasing weight were sold, and charts and enlarged pictures showing various phases of nutrition were displayed. Mannekins showing the history of costume were on exhibit from the clothing department, and demonstrations of testing for fastness of color and the weighting in silk were also given. Work done in art courses was also exhibited.

Stout Institute. The corridors buzzed with unusual activity on the afternoon of April 14, when the art committee of the Menomonie Woman's Club in cooperation with the related art department of the school opened a three-day showing of prints loaned by the American Art Bureau. The club sponsored the exhibition, which was free to both students and public. The general idea was to emphasize color and design in the home. Many groups contributed. The auditorium, exhibition room, and some classrooms were used for various exhibits and talks. One set forth by means of colored slides beautiful and effective ways of using pictures in interior decoration. A men's class in industrial arts design made colorful posters and display cards. An advanced color and design class took as a practical problem the arrangement and hanging of the prints, and a group studying home furnishings completed the plan of the room. Great interest was manifest in the work of a group of students in a first course in color and design; through the courtesy of individuals and stores many kinds of china, from the cheap ten-cent store grade to fine American, French, and English wares were collected, and small tables were laid to show the possibilities for creating individuality and color harmony in the use of linens, glass, china, and flowers. Simple, durable, inexpensive materials were found to have great color possibilities. Low tables laid in a children's sewing room suggested in most colorful ways how the child's pleasure and possibly his interest in

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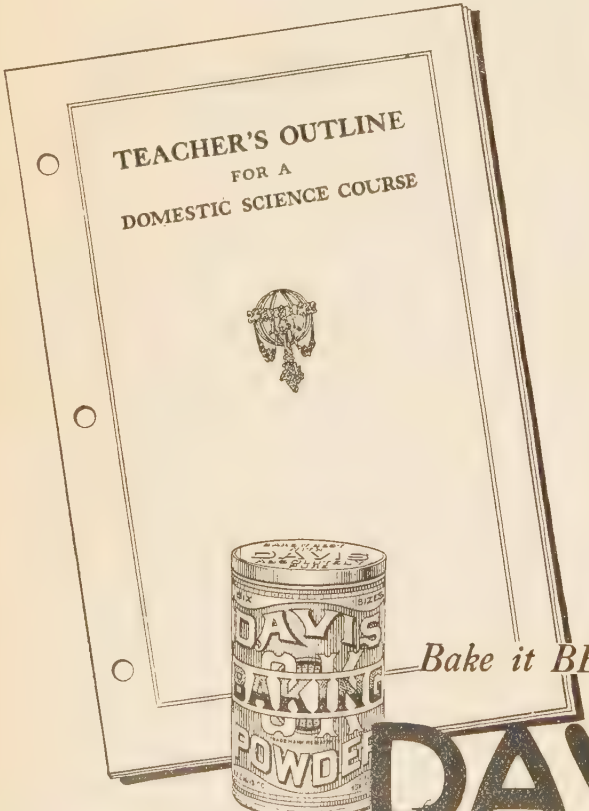

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food may be increased. To complete the study of the dining room, groups of students in home furnishings showed buffet and side table arrangements suitable for both simple cottage homes and those of more formal types. A special value of the exhibit to the students was the experience it gave in making a constructive contribution to the life of the community.

WYOMING

University of Wyoming. The extension division has recently added nutrition work to the state program, with Luella Sherman, formerly nutrition specialist in Kansas, in charge. The nutrition program for 1925 is based on that outlined at the Western States Conference of extension workers in November, 1924. The use of dairy products, fruits, vegetables, and whole grains is being especially emphasized, and the underweight child is given much consideration. Practical demonstrations are held at each meeting, showing the women the best methods to prepare and use the foods recommended.

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Related Art, Virginia M. Alexander, Carnegie Institute of Technology, Pittsburgh, Pennsylvania
Homemakers, Mrs. Mildred Weigley Wood, 318 West Willetta Street, Phoenix, Arizona

AMENDMENTS TO THE CONSTITUTION AND BY-LAWS

To be acted on at the Eighteenth Annual Meeting, August, 1925

Constitution

Recommended by Special Committee of Regional Councilors on Organization—

Article III:

Add "but may join the American Home Economics Association only through their respective state associations where these exist and function."

By-Laws

Recommended by the Committee on Graded Membership—

Article III, Section I, (5):

Strike out "fifty dollars" and substitute "two hundred dollars."

Recommended by the Executive Committee—

Article IV, Section I:

Strike out "Members in Canada, Porto Rico, and other similar groups approved by the Council may affiliate with the same rights as states" and substitute "Groups of members in Canadian Provinces and in territorial and insular possessions of the United States may become affiliated with the American Home Economics Association with the same rights as states."

Postponed from the Buffalo meeting—

Article VI, 3:

Strike out "but executive committees of sections may provide special assessments and registration fees as requirements for enrollment and attendance at section meetings" and substitute "A section may raise special funds with the consent of the executive committee, but voting rights in the section shall not be dependent on special fees."

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Cooking for Profit

BY ALICE BRADLEY

Principal, Miss Farmer's School of Cookery
Cookery Editor, *Woman's Home Companion*

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Journal of Home Economics

A COURSE IN HUMAN RELATIONS

ELLA LYMAN CABOT

Massachusetts Board of Education

Homemaking schools for girls are comparatively new; even newer is the effort to train such students not only in the technique of running a house with efficiency and economy, but of sustaining the life of its members. During the past eight years I have been working out for two homemaking schools in Massachusetts some principles of applied psychology which I call a Course in Human Relations. The object is to give such understanding of human nature as may increase sympathetic, thoughtful, and loyal relations to people.

There is definite preparation for this course, which is given in the second year. It is preceded by three courses which, as the beautiful Greek word "theory" suggests, are courses of vision. One of these is a first-year course in the ethics of everyday life from which the students gain direct training in clear, sympathetic, and unprejudiced thinking on matters of right and wrong. Through it, I try to teach:

1. The value of a central interest, and, leading out of this, a central purpose.
2. The virtues of a clear mind: fairness of judgment, honesty, justice, truthfulness.
3. The virtues of an understanding heart: sympathy, appreciation, imagination, courtesy, reverence.
4. The virtues of a dedicated will: concentration, loyalty, courage, perseverance, timeliness.

The other courses of vision are sociology—the vision of conditions in human society—and art appreciation—the vision of attained beauty.

This preparation for our study of human relations in the second year is valuable not only as training in good thinking, but as an opportunity for the girls to develop intimacy with the teacher and one another before

taking up the delicate problems of human ties. Even with the intimacy acquired during the first year, I think it well to postpone the study of men and women and their relation in marriage to the second half of the second year.

The first half of the course in applied psychology consists of the study of children. For this we use Joseph Lee's brilliant book "Play in Education," with its extraordinary analysis of boyhood in all its phases; J. A. Puffer's "The Boy and his Gang;" parts of Tolstoi's "Childhood and Youth;" and my own "Seven Ages of Childhood." No one of these is a textbook in the ordinary sense. They were written for parents rather than scholars, but since it is questionable whether the condensed food of a textbook does not omit essential vitamins, I welcome the fresh and nutritious quality of a book like Mr. Lee's, whose only object is to portray the child.

At the outset we divide the term of childhood roughly into seven periods: I. Infancy, from birth to 3 years; II. the dramatic age, 3 to 7 years; III. the angular age, 7 to 11 years; IV. early adolescence, 11 to 14 years; V. the age of team play (overlapping No. IV), 12 to 16 years; VI. the age of romance, 16 to 18 years; VII. the age of problems, 18 to 21 years. Beyond these ages of immaturity come youth, middle age, and old age.

The class throughout this study of childhood is reviewing the lives of children they know and their own lives. When we come to such difficult periods as that of early adolescence, they feel increasingly that others have felt as they are feeling, and that they must help the next generation to understand and gain from even its most trying experience. For the *trying* experience is after all the testing experience, and how can we win firmness and malleability until we are tried as by fire?

Another testing experience comes when girls and young men make their choices of work and marriage. Again and again as we study the extraordinary transition from the time of happy-go-lucky freedom to this time of serious and often anxious facing of great problems, the class will say, "Why that is exactly where I am now! Teach me how to find the right interest and the work best fitted to me!"

There are problems for all of us, rich or poor, weak or strong, but I want these fortunately situated students to realize the lives of those whose problems are harder and whose choices are less free. At this time they study Jane Addams' "Spirit of Youth in the City Streets," that extraordinarily sympathetic account of the beauty and idealism of youth, especially among the foreign-born, so that they may see with her

how fitted to crush idealism are our sordid commercial places of amusement and our mechanical factory life.

Some of the more important topics of the second half year in human relations are: friendship; men and women; leaders and followers; difficult people (including oneself); marriage.

This winter the work on adult human relations was introduced with a written paper by the class on the thesis stated by William Ernest Hocking in "Morale and its Enemies:" "Every man is the guardian of the better self of every person he deals with." The class was warned that acceptance of this creed, though easy, is dangerous, for having once accepted it in theory they inevitably become responsible for living up to it. They were asked to write what following this creed would make us cut off as well as what it would make us do. The answers are immensely interesting, for they show how aware the girls are of the danger of being pulled down and of pulling down the standard of others, in conversation and in action. As one of the class put it, "It is the code just now that you shall appear worse than you are. It is the code that college boys shall drink and that young girls in society shall smoke—otherwise they are considered old-fashioned and 'different.' But," she adds, "fortunately this is usually a fictitious self and it is an inspiration to find, as one often does, how unlike it the real person is."

Friendship is the centre of spiritual life to most young men and women. For this reason I find them ready to work hard over and to enjoy Emerson's "Essay on Friendship." In reading it, the class are asked to note what especially interested them, what surprised them, what they disagreed with, and what they want always to remember. These points they record in their notebooks which contain also their photographs of and comments on different types of character and in periods of child-development. They choose such quotations from Emerson as, "To have a friend one must be one," and "A friend is a person with whom I may be sincere. Before him I may think aloud." They disagree violently, and rightly, with such statements as, "I do with my friends as I do with my books. I would have them where I can find them, but I seldom use them."

Since friendship merges in the mind of youth into love and is often, at least in girls, an early form of love, the discussion of friendship leads naturally to a discussion of the ties of men and women and their characteristic likenesses and differences. Here I find few books that are of value to my immature group. There is Havelock Ellis' "Men and Women," but parts of it are written in a way to wound their idealism. I depend here

largely on the study of great biographies and essayists. I give also chapters from le Baron R. Briggs' "Girls and Education" to illumine their standards for women. Who can forget the sentence, "Keep your souls white from the desire to fascinate men"? Lee's thought-provoking chapter on "Boys and Girls" in his "Play in Education" I give to stimulate awareness of the likeness and difference between men and women. Surely likeness as well as difference must be accented. In these days when girls show themselves more than ever womanish—not womanly—by imitating men, and are blamed for being too masculine, when really they exhibit a pathetic feminity—in these days it is especially important to accent what men and women have in common. In spite of divergent tastes and characteristics, do they not have a common inheritance, a common upbringing, a common need of one another, and, greatest of all, a common desire for home and for children?

A debate by the class brings out very fully the main differences between men and women and gives preparation for a long thesis on: "How women can best help men and in what ways they may hurt his better self." After this paper is handed in, I speak on the same topic, bringing out the characteristics of man as the pioneer and woman as the conserver of values, and the need that women shall recognize and honor men's impersonal work, especially if it is pioneer and poorly paid work in science, teaching, or research.

The subject of leaders and followers is linked closely to that of men and women, and with it of course comes up the issue of spheres of leadership. Surely women already have the greatest of these and the most varied and interesting in the creation of home life. But home life, just because it is creative in the sphere of human relations, is of delicate adjustment and therefore it is well to glean material on the subject of how to get on with difficult people, always including oneself.

This is a lively subject, gay in theory, however difficult in practice. It is illustrated by some delicious chapters by Arnold Bennett in "The Human Machine." It is a many-sided study, but perhaps what we gain most from it is the power to laugh at ourselves, to see small things small and great things great, to put the growth and happiness of human brings ahead of nasal voices, broken vases, or even unpunctuality to meals. On the subject of difficult people we ask and try to answer these questions: What kinds of people are difficult? Why are they difficult? When are they difficult? How can we best conquer the difficulties?

Toward the end of the year I take up the subject of marriage. The classes have already followed the biological view of sex in marriage with

a thoughtful and experienced woman doctor. My work supplements this on the spiritual side with the discussion of such questions as: What are the greatest opportunities in marriage and the greatest dangers? Should a man's work always be considered first? Ought we to have a national divorce law? Would it help society as a whole if separation were permitted but remarriage not allowed?

This study of marriage centres around the Christian marriage service, whose essential ideals are the same in most churches. We take up paragraph by paragraph the Episcopal marriage service and weigh the awe-inspiring sentences often so lightly spoken. Perhaps no one at nineteen, untried and still absorbed in platinum rings and bridal satin, could feel the full significance of the words, but something of this consecration of human relations not in marriage alone but wherever soul meets soul may come back as the days bring their experience. This is the hope, the goal of the course.

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STANDARDS OF ABILITY IN MACHINE SEWING

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In elementary clothing classes where the pupils are learning to use the sewing machine, the teacher is often at a loss in deciding just what degree of proficiency to expect. Nevertheless, as the motor skill involved can be measured objectively and a standardized scale can be constructed

from the results of such measurements, it is possible to eliminate almost entirely the element of guess-work or personal judgment. Especially to the inexperienced teacher is an objective standard a boon, for with such a "measuring stick" for her pupils' work she need no longer wonder whether she has marked them too high or too low.

A scale dealing with two of the constructive processes most frequently used in elementary classes, namely, French seams and hems on a straight edge, was described some years ago.[1] Standards of attainment have been made with it since its publication, and a brief description of the procedure followed is given in this paper.

The scale is based on the idea that the quality of a piece of machine work depend on the following factors:

1. *Tension.* This may be exactly right, so loose or so tight that the usefulness of the stitching is destroyed, or so adjusted that only appearance is impaired.
2. *Length of stitch.* This may be too long, too short, fairly good, or very good.
3. *Spacing.* This is taken to include both the straightness of the stitching itself and its distance from the edge which it should follow or to which it should lie parallel.
4. *Constructive elements.* This term covers such points as making the hem or seam on the proper side of the material, trimming the French seam so that no raw edges appear on the right side of the finished seam, making the edges at the turn of a French seam exactly even, and turning a hem to a uniform, specified width.
5. *Neatness.* This includes such points as beginning and finishing stitching properly.

The scale for judging these factors consists of 10 plates of photographic reproductions of actual work done by pupils who have taken the tests. There is on each plate a brief description of the qualities of work shown, together with the grades assigned by six competent judges.

Grading a piece of work by this scale is simple and takes little time. One merely compares the work to be graded with the printed scale and ranks it good, poor, or medium in reference to each factor. A perfect piece of work would be scored 5.

In using the scale to set standards of attainment, samples of French seams and hems made by children of the sixth to twelfth grades inclu-

[1] Home Economics in American Schools. Univ. of Chicago Monograph, Vol. 2, No. 6. Chicago: University of Chicago Press, 1920.

sive were collected from eleven cities. These samples were secured under exactly the same conditions as were the original sample from which the scale was constructed. They included 1,542 of French seams, 1,588 of hems, or 3,030 in all, a number sufficient to insure a reliable result.

The samples were all judged and scored by one judge. To test the reliability of these scores, a set of 264 seventh-grade samples were scored by another judge, comparatively unfamiliar with the use of the scale; comparison of the two sets of scores showed agreement on 89.14 per cent of the samples, which seemed to warrant the assumption that the standards as determined by the first judge are fairly reliable.

The average scores for each grade are shown in table 1.

TABLE 1

Average scores obtained by use of scales for machine sewing

	GRADE OF PUPILS				
	6	7	8	9	10, 11, 12
French seams	3.33	3.14	3.34	3.90	4.05
Hems	2.99	3.33	3.47	3.94	4.51
Average	3.11	3.23	3.40	3.87	4.28

There is a steady increase in the scores from the sixth grade to the twelfth grade except that the sixth-grade score for French seams is higher than the seventh-grade score. This was probably due to the fact that there were comparatively few samples from the sixth grade and these chanced to be of unusually good quality. In both French seams and hems there is a noticeable increase in ability between the eighth and ninth grades.

Since in both processes two of the factors contributing to the quality, namely length of stitch and tension, are identical, and since two others, neatness and spacing, are very similar, the constructive element appears to be the only factor in which the hem and French seam differ noticeably. This may account for the slightly higher averages for the hems. However, since the factors which contribute to the quality of hems and French seams are for the most part similar, it seems reasonable to take the average of the two sets as a standard for practical classroom use.

The average scores for pupils of different ages were as follows: 10 years, 2.92; 11 years, 3.10; 12 years 3.26; 13 years, 3.23; 14 years, 3.30; 15 years, 3.52; 16 years, 3.73; 17 years, 4.44; 18 years, 4.17; 19 years, 4.22. They showed a fairly steady increase in ability with two excep-

tions, which were probably due to the small number of samples examined. Undoubtedly the scores by grades furnish a more practical set of standards of attainment for the class room teacher than those by years.

The use of a common measuring stick for the work of classes in all parts of the country makes teachers self-critical. If their classes fail to rank as well as other classes of the same grade, they may analyze for causes of such failure and improve their methods. Again, if certain classes rank noticeably high, a study of the causes may well be made for the benefit of those who are less fortunate. Nor will the results of comparison with other classes fail to have an effect on the pupils themselves. They are always interested in comparative scores and both individually and as a class like to make a good showing.

HOME ECONOMICS FOR BOYS IN PUBLIC SCHOOLS

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Considerable interest has recently been given by home economics departments to the development of courses for men and boys. It is only fair that the other half of the human family should profit by much of the information which is given with great care and efficiency to women and girls. Men and boys frequently choose their food and clothing and should have at their disposal the knowledge of the art, science, and efficient methods which underlie wise selection, to say nothing of information by which home economics assists individuals as well as homes to become happier and more efficient.

To find a place for a new course in the already over-crowded school curriculum is a real problem, and there may be some value in various bits of experimenting tried in elementary and secondary schools in an effort to determine the type of material most desirable for units of work under the conditions of schedules found in different public school organizations.

The usual elementary school schedule for home economics parallels that for manual training or shop work classes for boys. A few years ago the writer arranged with the home economics and manual training teachers in a school in Pittsburgh to exchange eighth grade classes several times each semester so that a few units of work in home economics could be extended to the boys and a similar amount of household mechanics to the girls. The lessons taught the boys by the home economics teacher

included such points as how to serve and eat a family meal properly, to do a little cooking, to select proper food for themselves, to be polite and considerate of the different members of the family, to start an expense account, to wash their hands before eating, to care for their clothing for the sake of cleanliness and appearance. While the boys were thus being initated into home economic, the girls were instructed by the manual training teacher in the most approved method of driving a nail, adjusting the spring of a window-shade roller, renewing a washer on the faucet, or repairing an electric iron. This experiment was particularly successful and very good results were obtained. In one school the principal joined his boys in this work whenever it was given. A few elementary schools in Michigan have successfully carried on this type of work for longer periods of time and with more definitely planned units of work.

The high school presents a different schedule problem. Among the factors which immediately enter into the situation when a home economics course is offered for boys is the fact that the course will not carry college entrance credit, or that the boys may hesitate to elect a course which does not seem sufficiently masculine to demand their social approval even though they may be quite anxious to pursue it. In the past, camp cookery has been offered spasmodically in high schools but was never elected or seriously pursued by large numbers of boys for any length of time. However, the fact that so many summer tourists now camp and prepare their meals in the open may stimulate classes in out-of-door food preparation.

Because of these considerations, as well as because there is so little time for profitable units of home economics work for boys, it has seemed wise, in some instances, to give home economics instruction as a by-product of other subjects already well established in the curriculum. For example, in the Cass Technical High School, Detroit, the attempt was made to reach the senior boys through the United States history classes and the younger boys through physical training classes.

The units of work for the senior boys have been most successful when they were studying the history of the Colonial period. The comparison of the dress, manners, and customs of that time with those of the present day was a splendid introduction to the selection of clothing and food, the management of the income, politeness and good manners for different occasions. The success of this venture depends almost entirely on the proper approach to the subject and the point of view with which it is presented. The teacher must have a keen understanding of the boys' interests. The fact that senior boys usually feel the desirability of knowing correct social form has proved a good starting point.

For the younger boys in the physical training classes, the adaptation of the material is easy. They are interested in growing up into strong, healthful men and upon this thought can be based units of work on such topics as food, clothing, cleanliness, general attitude toward life, and mannerliness. If the project is to be successful, the teacher must ever guard against seeming "preachy." Real work must be given in which the boys have a part in the development.

The opportunities are many for home economics work with boys in the public schools, but if they are to be followed up the home economics staff must have a keen interest in the other subjects taught in the school and an unfailing understanding and sympathy with the other teachers as well as a gift of adapting home economics subject matter to the interests of boys of different ages and a readiness to act when opportunity comes.

CHILDREN'S BOOKS IN THE HOME

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The problem of literature for the consumer, adult or juvenile, has its source in the condition that we term leisure time. Bonser's estimate,[1] that in our industrial life many American citizens have 200 days after eating, sleeping, and working hours are over, makes the use of leisure a very great problem.

The activities which engage a person during his leisure are of fundamental importance to the individual, the family, and the nation. The automobile, the radio, and the cinema are consuming an ever-increasing proportion of this time. Can as much be said for reading? Without questioning the merits of the automobile, the radio, or the cinema, it is clear that their enjoyment permits a passivity of mind and body with intellectual effort at zero. A quarter of a century ago John Dewey called attention to the close relation between interest and effort. Reading, by its very nature as a mental activity, has the power to generate the inner resources of imagination, recall, and vicariousness to a degree unknown with the rapidly-moving radio and cinema. Because of this power, the reading of good books is a positive influence in character and

[1] Bonser, F. G. The Elementary School Curriculum. New York: Macmillan, 1921.

conduct building, an influence recognized by men and women whose character and success in life attest their right to speak with authority.

It was the blessed Thomas à Kempis who said: "Everywhere have I sought peace but have found it nowhere except in a corner with a book." And this reminds one of the inscription above the entrance to the library at ancient Thebes: "Medicine for the Soul." To lose oneself in a good book is to remove oneself temporarily at least from all the confused stress of modern life.

Of the relation of art and beauty Browning in Fra Lippo Lippi says:

> We are made so that we love
> First when we see them painted, things we have passed
> Perhaps a hundred times nor cared to see;
> And so they are better, painted—better to us,
> Which is the same thing. Art was given for that;
> God uses us to help each other so,
> Lending our minds out.

Whatever beauty resides in color, form, movement, in words, in human nature, and in social relationships is of little matter to us unless our eyes and ears are attuned to it. And this literature can and does do for us. Greatness in literature for each of us depends upon its power to awaken new experiences and emotions or to renew old ones.

Human nature is subject to many dynamic impulses to the mental states which we term emotions, but some of these impulses are for many of us pitifully limited. Within the range of many lives the greatest spurs to patriotism, pathos, love, or laughter are found in the vicarious experiences brought to them by books.

Nowhere except perhaps in the drama is the movement of individual life presented in such unity and entirety as in biography, history, and good fiction. In these delineations we see a vivid picture of human motives and behavior and their attendant consequences.

Without attempting to list all the values gained from the active acquaintance with good literature, one may mention further the restoration of the past through the pages of history, the significance of the commonplace as revealed by the artist, and the increased consciousness of one's own powers of language.

The school and the home must meet the immediate problem of conserving for the children of this age the intellectual and moral values, to say nothing of the cultural values, that inhere in books of the better type. The building of fine tastes, abiding interests, and discriminating judgments through the selection of children's literary diet is a cooperative

enterprise for the home and the school. Our schools are carrying on an enormous program for the improvement of what we call reading skill; the term as now understood involves the development and exercise of a social attitude toward the whole reading activity, the mastery of such processes as rhythmic eye movements, phonetics, speed in silent reading, comprehension of ideas, recall and reproduction of ideas, artistic oral reading, discrimination in quality and types of reading, memorization of classics, library acquaintance, and credit for home reading. All this to equip the child with such skills in reading as shall induce wider reading.

But real affection for books, real intimacy with books, is developed only in the home where the child may read when and where and how and what he chooses in a way prohibited by the organization and limitations of the school. The reading program of our children needs nothing so much as a return to the oral reading by the children and parents about the family fireside. And this usually means reading from one's own books.

There is a wide-spread idea that to understand and appreciate art and to own works of art involves something of exclusiveness. This is probably fallacious for any form of art, and is certainly so for literature, which constitutes for most of us the most democratic of all arts. It is universal in its adaptations to individual needs, easily accessible everywhere, and modest in cost. Compared with the automobile, the radio, and the cinema, books are relatively inexpensive and yet they are widely counted as luxuries. We must look upon the home library, especially in the home with children, as a necessity rather than as a luxury.

The task of the home and the school in cultivating the reading interests of childhood is threefold: to allow for and meet appropriately the child's instinctive interests and tastes; to cultivate and direct these; and to awaken in him new and missing interests and tastes.[2]

The method used to accomplish these aims is of minor importance, providing it induces an informal, curious enjoyment of listening to or reading from the printed page, with no thought of the moral lessons or precepts involved; the reader, happy in the experience, will kindle the interested, vital imagination and enthusiasm of the listener.

Excellent assistance is at hand in the selection of reading matter for the home. In 1922 a list of twenty-five books for a school library was selected by ballot by librarians and teachers at the conferences of the American Library Association and the National Education Association

[2] MacClintock, P. L. Literature in the Elementary School. 1923.

and this has been attractively printed with brief annotations by the American Library Association under the title "A shelf of books for a one-room school." The entries are:

Little Women. Alcott.
Alice's Adventures in Wonderland and Through the Looking Glass. Carroll.
Life of Robinson Crusoe. Defoe.
Adventures of Tom Sawyer. Twain.
Treasure Island. Stevenson.
Boy's Life of Abraham Lincoln. Nicolay.
Jungle Book. Kipling.
Fairy Tales. Andersen.
Aesop's Fables, told anew by Joseph Jacobs.
Merry Adventures of Robin Hood. Pyle.
Child's Garden of Verses. Stevenson.
Tales from Shakespeare; il. by Rhead. Lamb.
Arabian Nights' Entertainment; ed. by Dixon.
Boys' King Arthur; ed. by Sidney Lanier. Malory.
Story of Mankind. Van Loon.
Rebecca of Sunnybrook Farm. Wiggin.
Home Book of Verse for Young Folks. Stevenson.
Christmas Carol. Dickens.
Rip Van Winkle and the Legend of Sleepy Hollow. Irving.
Mother Goose.
Hans Brinker. Dodge.
Boys' Life of Theodore Roosevelt. Hagedorn.
Wonder-Book for Girls and Boys. Hawthorne.
Wild Animals I Have Known. Seton.
Heidi (translated by Dole). Spyri.

In 1924 the American Library Association issued a longer list entitled "Gifts for Children's Bookshelves," with subdivisions for children under eight, boys and girls from eight to twelve, and for older boys and girls. More recently still it has issued two other lists, one for boys and one for girls from ten to fifteen years old.[3]

Acknowledgment should also be made to the publishers and illustrators of children's books, thanks to whom there are now available beautiful editions of classics beloved of many generations and also attractive, inexpensive series of standard books for children. Among the latter are Harper and Brothers' "Series for Boys and Girls;" Little, Brown,

[3] Journal of Home Economics, July, 1925: 408.

and Company's "Beacon Hill Shelf;" David McKay Company's "Golden Books;" The Macmillan Company's "Children's Classics" and "Little Library;" Rand, McNally and Company's "Windemere Series;" and Charles Scribners' Sons' "Series for Younger Readers."

Among the books for little children should be some whose pictures are done with special grace, as by Kate Greenaway, Ralph Caldecott, Leslie Brook, Willibeck LaMare, Blanche Fisher Wright, and Jessie Wilcox Smith. For the older boys and girls, Howard Pyle, N. C. Wyeth, Arthur Rackham, Louis Rhead, E. Boyd Smith, J. J. Tissot, Willy Pogany, Boutet de Monvel should be household names; each has his own special charm in delightful interpretation of loved fable, myth, legend, or tale through the use of line, color, and movement. The service of such illustration is one in which fame and remuneration come chiefly from the affection felt by boys and girls who enjoy the pictures, and they should be encouraged to identify the artists by their names and characteristic contributions.

Another means of encouraging original and creative work in children's literature and of calling attention to current books of special value for young people is the John Newbery medal, which was adopted in December, 1922, by the American Library Association and is awarded annually for the best book for young people by an author who is a citizen or resident of the United States. The donor, Mr. Frederic G. Melcher, of New York, named the medal in honor of a London bookseller and publisher of the eighteenth century, one of the first publishers to devote attention to children's books. The three awards so far made have gone to Hendrik Van Loon for his "Story of Mankind," to Hugh Lofting for the "Voyages of Dr. Dolittle," and to Charles B. Hawes for "The Dark Frigate."

Some educational research has been carried on to determine the specific interest of children in reading, among which may be mentioned "Interest Factors in Primary Reading," by Dunn, and "Study of Children's Interests in Reading," by Jordan, both published as bulletins from Teachers' College, Columbia University.

The following suggestions may help in the selection of books for the children's shelf:

Remember that children can and will read classics early if these are available in attractive form.

Choose complete works of art; abridgments and expurgated compilations are always resented by great readers, and however attractive and economical,

they cannot serve the purpose intended by the author and publisher in their original arrangement.

In the choice of books, do not differentiate between boys and girls until after the fifth or sixth year of school life.

Choose books that have elements of beauty in the mechanical make-up and illustrations; remember these books have come to stay for life and are an important element in developing artistic appreciation of drawing, color, and good workmanship.

Meet the problem of "sensational books" in the friendly atmosphere of your own fireside; frank, free discussion is the only antidote to their suggestions, and a supply of attractive substitutes is the best means of streering taste away from them.

In general, it may be said that books which are generally recognized as "good books" possess a theme of universal interest, appealing to youth and age alike; they are written in a style which suggests a personality; and the reading of them challenges to ownership and rereading. This last quality reminds us that what we need is not to read ever more and more books, but to cultivate that intimacy with author, plot, characters, and diction that comes from reading one favorite again and again.

A great teacher once summarized a lecture on "Literature in Everyday Life" with a paragraph which forms a fitting conclusion to this discussion of the influence of good books in the home:

> . . . . Literature is one of the fine arts, one of life's chief sources of culture and refinement. But culture is only good taste. It is something you can live without. You can make a living without . . . . literature or any of the arts. But without them you stand only in the vestibule of the house of life; the vestibule is reasonably spacious, well-lighted, comfortable, but it opens into wider apartments through a dozen golden doors. Literature is the master key to all these doors; to some the only key. Make the key yours, possess it and from your present vestibule you may advance and open the door to Laughter, to the Fountain of Tears, to the Heart of Nature, to the Soul of Humanity. Best of all you may get a glimpse of what is yet to be and a share in all that has been in the past.[4]

[4] Cross, E. A. Literature in Everyday Life. *Education*, December, 1922.

WHAT IS PROGRESS IN NUTRITION?

MARY SWARTZ ROSE

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(Continued from July)

The necessity for statistical treatment of any mass of data regarding so variable a thing as growth is another matter which the student of nutrition must now take into account. "By statistical treatment we mean," says Pearl (4), "methods specially adapted to the elucidation of quantitative data affected by a multiplicity of causes. . . . . An experiment which takes no account of the Probable Error of the results reached is inadequate and as likely as not to lead to inadequate conclusions." A fine example of the satisfaction which may result from such evaluation of adequate data is given in Professor Sherman's summary of his work on the requirement of man for protein, phosphorus, and calcium (5): "It is not likely that any other set of data, similarly collected, will modify these figures. We now know the calcium and phosphorus requirement with the same accuracy as the protein requirement."

The fact that statistics has become a working tool of nutrition investigation impresses upon us the necessity, to quote Pearl again, "of dealing easily, confidently, and accurately with quantitative data." Students come to the study of nutrition far from accurate or rapid in the use of arithmetic, and not infrequently averse to applying themselves sufficiently to get their arithmetic in working order; higher mathematics they seldom know anything about. And yet we hear it proposed to omit mathematics from women's education! Do we propose to depend always on other fields for our leaders? Cannot each laboratory dealing with quantitative data establish at the outset the ideal of accuracy and the habit of constant and effective checking of results? What is the use of giving graduate students an opportunity to participate in research when one finds that all their conclusions are worthless because of their inability to handle the mechanics of organizing the data, even though they have worked in pairs with the object of checking each other at every step? Or what progress can we make when they say, "I do not wish to do the work, only to learn how it is done?" Shall we abandon research or can we produce better researchers?

Another problem continually confronting us is to establish a balanced idea of the four main factors in nutrition, each of which must be considered in relation to all the others. A would-be champion of one of these factors to the exclusion of the others complains, "Just as the mineral salts were coming to the fore, another smoke screen—the first being calories—to hide them from the public eye was put up. I refer to the arrival on the stage of the vitamins which immediately took the place of the discredited calories as a new fad." We must struggle to make clear what Professor Sherman (6) has so aptly phrased:

> The newer knowledge of nutrition supplements but does not supplant the knowledge previously gained. We now see clearly that any adequate theory of nutrition must take account of at least four main factors or groups of factors. The rapid and in some respects dramatic developments of knowledge regarding the vitamins does not justify giving them an overshadowing place as compared with the other factors of food value and nutritive requirement; neither does the fact that we sometimes meet exaggerated views regarding the vitamins justify us in adopting an attitude of undue skepticism as regards their reality and practical importance.

While the idea of quantitative relationships in food seems to be anathema to many adults, we make excellent progress with school boys and girls, and I am fully convinced that we should aim to have every one of them familiar with the energy value of all the commoner foods before leaving the eighth grade. The chief difficulty that I have noticed in such teaching is that the children are apt to carry their questioning beyond the resources of the instructor unless she takes pains to fortify herself well. Even among some scientists there is a tendency to imply that those who talk of calories cannot see any other phase of nutrition. This is unjust, and I am convinced that there is no other basis upon which the diet can be so effectively and simply evaluated, either nutritionally or economically.

The recent additions to our knowledge of nutritive requirements have tended to increase the cost of what may be regarded as a minimum-priced ration, and we now have the task of setting new cost standards, as fast as our knowledge of vitamin requirement permits. Dr. Alonzo Taylor (7) has suggested division of the dietary into calorie-priced and premium-priced foods, the former contributing calories chiefly, the latter carrying most of the protein, ash and vitamins. Such categories must again be subdivided where economy is to be considered; lettuce and cabbage will be in the same list (premium-priced) although greatly

differing in cost; cereals (calorie-priced) may have to take to some extent the place of the premium-priced through selection which makes them the carriers of as many other nutritive items as possible. When may as much as fifty per cent of the calories come from grain foods? What proportion is safe, if highly refined cereal foods are used exclusively? In the dietaries of the well-to-do nearly one fourth of the calories may come from fruits and vegetables; should we advocate as much as that for the child-caring institution which has to count every penny? If not, what will be safe? With the help of the Child Welfare Institute, we are endeavoring at Teachers College to find the answers to some of these questions, so that we may guard against insidious impoverishment of the children's bodies on the one hand and against undue cost on the other.

In dealing with the subject of nutrition one must, as the authors of "The Family Oracle of Health, Economy and Good Living" say, "have recourse to Botany, Zoology, Physiology and all the sciences which bear, directly or indirectly, on the great processes of eating and digestion." This is a large order and demands much in the way of assimilation and interpretation of the output of research laboratories. Let us take an example or two from the field of protein metabolism. As emphasis on the need of an adequate amino-acid assortment has tended to replace mere consideration of the total amount of protein required, much confusion has arisen as to the relative value of various proteins in the diet. Attempts to produce in the animal body synthesis of lysine, cystine, tryptophane, and proline have been unsuccessful and the importance of having these preformed in the diet is unquestionable. But because, for example, casein, used as the sole source of protein, is improved by supplementing with cystine, it does not follow, as some one told me a while ago, that five sixths of the protein value of milk must be discounted as useless to the body. The fact that lactalbumin supplements casein had been entirely lost sight of, to say nothing of the supplementing possibilities in the other protein compounds which are found in milk. Again, because gelatine, rich in lysine, supplements milk when these two are the sole source of protein in a diet, it does not at all follow that gelatine will have quantitatively the same effect on milk when the two are incorporated in a mixed diet, where many kinds of protein are contributing to the final amino acid mixture. We know little, for instance, of the supplementing value of the vegetable proteins. How about spinach, and onion, and carrots? Here is a fruitful field for investigation.

The "biological value" of various proteins has been proclaimed without experiments of sufficient duration, without care enough to keep the food intake uniform, or to secure an experimental diet which could be eaten until results of value were obtainable. By fulfilling all these conditions, Professor Sherman and several of his coworkers have shown that the protein assortments of corn, oats and wheat, in spite of well-known deficiencies of some of the individual proteins, are efficient for the maintenance of nitrogen equilibrium in adults; and more recently in our Teachers College laboratory, fifteen day experiments on four subjects have shown that slightly less milk was required to maintain equilibrium than meat, and about the same amount of bread and milk protein as of milk protein alone (8). Such studies may be regarded as starting points for future work on the efficiency of various combinations, each of which may yield different results. We do have evidence as to the value of milk in making fully efficient for growth the cereal proteins, and this is one of the outstanding points for practical nutrition on an economical basis.

Regarding the mineral elements in nutrition, a real advance has been the setting of a calcium standard for the dietaries of children at one gram per child per day, and the scientific demonstration from studies of children of different ages, that there is no known source of calcium equal in value to milk. The report of the Committee on Nutritional Problems of the American Public Health Association (9), endorses Sherman and Hawley's conclusions with regard to the calcium requirement of children as follows:

> The results of these experiments lead to the conclusion that throughout the entire time of rapid growth, that is, up to at least thirteen years of age, the child should receive in some form the equivalent of one quart of milk per day in order to provide for an optimum storage of calcium as well as of phosphorus. Equally good results could not be secured in any of the many experiments in which one half of the milk was replaced by vegetables furnishing an equal amount of calcium.

Here again is evidence of the special needs for growth, inasmuch as we have found the calcium of at least one vegetable (carrots) very well utilized by adults for the maintenance of calcium balance.

Our friends who say that when we eat "natural" foods we shall have no goiter, have not yet seen McClendon's recent report of the iodine content of the "natural" foods from different localities (10). While milk, fruits, and leafy vegetables contain the largest amounts of any

land products analyzed, one is struck with the enormous variability; for example, a difference of 400 per cent between wheat in Minnesota and in Connecticut; 78 per cent between oats in Connecticut and in Maine, and between different samples of salmon in Alaska; 7,000 per cent between carrots in Oregon and California.

Such data not only give us little expectation of meeting our iodine requirement by ordinary methods of food selection, but make clear the folly of trying to calculate the iodine intake from average chemical analyses as we do in case of calcium or phosphorus.

Since Marine and Kimball's classic demonstration in Akron, Ohio (11), of the possibility of arresting or preventing goiter in school children through suitable administration of iodine, and the striking results of such treatment in Switzerland, where in three cantons goiter in school children has been reduced from 87 per cent to 13 per cent in three years, we are all interested in seeing our own "goiter belt" wiped off the map. It appears from the report of the Health Commissioner of Michigan on a four years' study of conditions in Michigan (12) that there may be only a few miles between a goitrous and a non-goitrous place; thus Mt. Clemens had 26 per cent of goiter among all the cases investigated, while Romeo, twelve miles away, had 75 per cent. Administration of iodine to school children at stated intervals is effective, but may not reach the rural children early enough, and does not reach the pregnant women; it must depend on local knowledge and interest and there must be constant propaganda to keep the procedure in effect. Consequently some more automatic method, such as the use of iodized table salt, seems most practical. The advocacy of dependence upon sea foods seems much like recommending the drinking of a little sea water every day for sodium chloride.

Impetus to study the energy metabolism has come through our desire to know how to bring underweight children up to weight and just how much their actual energy requirement has to do with it; also, from the use of the basal metabolism in the differential diagnosis of disease. Concomitant with these desires has been the development of a relatively simple and inexpensive respiration apparatus within the reach of many laboratories. It would seem as though the last word in such simplification had been said with the arrival of the new Benedict student apparatus which should find a place in every nutrition laboratory. But let not the apparent simplicity of the technic deceive any one as to the need of sound training in laboratory physics and quantitative chemistry on the part of the would-be investigator! He will never

know whether he has arrived at the truth except as he can demonstrate the faultlessness of his technic. In the hands of the true scientist this type of apparatus is yielding us data which it would be very difficult to secure without it; for instance, those from Dr. Blunt's laboratory, on undernourished children and underweight college women, and Dr. Grace MacLeod's standards for basal metabolism of girls between twelve and fourteen years of age.

And what shall we say of the advances in our knowledge of the vitamins? "Within five years the vitamin theory will be as dead as the calorie theory"—how little conception of the facts on which the science of nutrition rests! What we seek just now is to find for the vitamins their proper place in the scheme of things, and this waits upon accurate measurement of the quantities of each in food materials, which goes slowly because as yet the animal is our best testing reagent. Because of the need, as I have already shown, for vigorous control of experimental conditions, the returns from various laboratories are seldom directly comparable. We cannot build up, from all that has been done in regard to the B vitamin for instance, any satisfactory table showing numerically the relative amounts in any considerable number of substances. Especially noteworthy, therefore, is Dr. Hazel E. Munsell's report (13) on the A vitamin content of a number of common food materials, referred to butter as a standard. We can now set up an "A vitamin exhibit" as follows:

Foods having the same A vitamin content as one gram of butter

EDIBLE FOOD MATERIAL	WEIGHT REQUIRED
	grams
Spinach	0.9
Egg yolk	1.0
Carrots	2.5
Tomatoes	12.0
String beans, green	15.0
Bananas	20.0
Lettuce	35.0
Orange juice	75.0
Apple	100.0

When we have finally had "recourse to . . . . all the sciences which bear, directly or indirectly, on the great processes of eating and digestion," including chemistry, we must bring these scattered contributions together and from contemplation of all their implications construct practical programs, fitted to each locality, and so far as

possible, to each individual. We must not forget the limitations imposed by climate, by season, by human labor, by the contents of pocket books. We must study milk and eggs and spinach and oatmeal—all common foods—and see that our own likes or dislikes or social customs do not influence our conclusions as to their intrinsic merits.

If we could make our present knowledge of food values and of the ways in which different foods supplement each other so clear and convincing and its application so simple that every one would follow it in the choice and use of food, this would certainly mark one of the greatest advances in the application of knowledge to human welfare. (*Sherman.*)

We cannot begin our nutrition teaching too early, but let the true "Family Oracle of Health, Economy and Good Living," the home economics teacher, be wise in her day and generation, that her teaching may indeed be "Adapted to all Ranks of Society, from the Palace to the Cottage!"

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EDITORIAL

Ellen H. Richards Graduate Scholarship. The committee on award of the Ellen H. Richards Graduate Scholarship takes pleasure in announcing that the scholarship has been granted to Juliet Lita Bane for the year 1925–26.

The committee has been gratified by the very fine type of women who made application for the scholarship, as evidenced by their training and experience and by the letters received from the men and women whose names were given as references. This very fact, however, made the decision a difficult one.

Miss Bane received the bachelor's degree from the University of Illinois in 1912 and the degree of Master of Arts from the University of Chicago in 1919. She has not yet completed her plans for study during the coming year, but has stated her problem for research as follows: "Through my proposed study I hope to develop a point of view in accord with sociologists and economists as to the place of the home and family in our present social and economic order. In addition, I plan to take such work in the philosophy and history of education as will develop a sound educational point of view with respect to the problems of adult education presented through the various efforts to train actual homemakers."

The scholarship is provided for by the interest from the Ellen H. Richards Memorial Fund. The trustees of the Fund are undertaking to increase it as rapidly as possible to an amount which will, in the near future, warrant the granting of a second scholarship from the income. Meanwhile, they are very happy in the present award and extend to Miss Bane their best wishes for a successful year.

CORA M. WINCHELL,
Chairman, Committee on Award and Secretary-Treasurer, Ellen H. Richards Memorial Fund

American Home Economics Association Statistics. When this JOURNAL reaches its subscribers the annual meeting at San Francisco will be underway. For those who cannot be there a few statistics may be interesting. On June 15 the total membership stood at 6730, slightly

below the goal of 7000 set for the year just closing. The graded membership dues had brought in $1,115 of extra income instead of the $2,000 hoped for. The few remaining weeks left a possibility that both these figures might be improved before the end of the fiscal year. The shortage in regular membership is in any case offset by the unexpected growth in the number of affiliated student clubs. Whereas 100 had seemed a reasonable goal, the list of clubs with affiliation dues paid is now 172.

It is a pleasure to report that the Illinois Home Economics Association sent a gift of $100 to the American Home Economics Association. The presidents and secretaries of state associations as reported to Washington headquarters up to June 30 are given on pages 477 and 478.

The JOURNAL points with pride to the news from Louisana State University that every member of the junior class in home economics is a subscriber.

Interstate Rivalry in Student Clubs. Virginia, Texas, Alabama, and Illinois were for months the banner states in the number of affiliated clubs, Mrs. Avery, Miss Peek, Miss Spafford, and Miss Hess having seen to it that the girls in vocational home economics schools understood the glory, the profit, and the obligations of thus bringing their organizations into the national professional association. Early in May Miss Peek served notice that the Lone Star State was out for the championship with thirty-six clubs organized. "Organized, yes," wrote back hard-hearted Washington headquarters, "but they haven't all sent in affiliation dues, and Virginia has thirty-four clubs all paid up. We'll give all of you until June 10, and will print the records as they then stand." And on that date the two leaders crossed the line neck to neck, the scores standing: Texas, 41 clubs with a total membership of 1,937; Virginia 41; Alabama 18, with a total membership of 442; Illinois 15. Letters from the two chief rivals make us suspect that this was only the first lap of the race and that there will be fast running in at least two states when schools re-open in the autumn. It's a free-for-all contest. Any other entries?

Books for Children. To a person brought up in a house where books were as much a matter of course as food to eat and beds to sleep in, it is hard to realize that to some they seem mere accessories to the main equipment of living, like ornamental candlesticks or silver sandwich

plates—objects supposedly artistic and occasionally useful but valued mainly for the sake of the donors or because everybody has them.

Even if as a child you ordinarily preferred games or doing things with your hands to reading, it was something that the books were there, ready to help kill an empty five minutes—and how often it grew to fifty!—or to answer some of the thousand and one questions with which your uncomfortably alert mind could torment your seniors. You didn't always follow the injunction to look it up for yourself, but you learned what the dictionary and cyclopedia were for, and you knew it was your own fault if you didn't find out where Zanzibar was on the map. Very likely you dipped into volumes far beyond your comprehension, but at least it made the authors more than empty names. Whether they were old or new, dull or entertaining, the books about you somehow made you realize that the world was bigger than your own town and older than your own recollection. The Swiss Alps, the Dutch canals, the Indian jungle, the Swedish forests will always be real places to the friends of Heidi, Hans Brinker, Mowgli, and Nils of the wonderful adventures. If you saw Flaxmann's drawings when you first heard the tales of Greek heroes, Greek sculpture seemed friendly when, years later, you met it in the museums, and when you came to study English literature of the eighteenth and early nineteenth centuries, your sense of English life was keener for having pored over Caldecott's pictures of John Gilpin and Kate Greenaway's quaint little men and women in their charming old-time settings.

If good books and good pictures were put in your way when you were young, you have been equipped with wholesome criteria of judgment for such things, and, however much you may be led astray later by novelty or showiness, in the bottom of your heart you will feel the difference between what is really good and what is merely daring or meretricious. And above all, by cultivating the habit of friendly relations with books, you have, as Dr. Cross points out in the speech from which Miss Lommen quotes on page 441, won the right of easy entry into the treasure houses of human experience. Surely we will all see to it that this entry is made easy for our children, be we parents or teachers, bachelor uncles or old-maid aunts.

Despite the increasing number of books for children, the choice of good ones is growing easier every year. Besides the lists referred to by Miss Lommen, the American Library Association has several longer ones,

information concerning which can be obtained from its headquarters, 86 East Randolph Street, Chicago. There is a special children's librarian in many public libraries whose advice is gladly given to children or their friends. Every good bookshop has at least one person who is familiar with books for children, and there are shops which specialize in such books, one or two of them publishing excellent annotated lists. Booksellers have for several years been featuring a "Buy a book week" when parents, schools, newspapers, and the communiy in general are urged to encourage each child to buy a book of permanent value; in some cases the children save money and make plans for this months ahead.

What Children Like to Read. Various studies have been made from time to time of the sorts of material children read when given free choice. A recent one by Emma B. Grant and Margaret L. White, undertaken to learn how nearly current school reading-books met the interests of the children, is reported in the *Teachers College Record* for February and April, 1925. The information was gathered from libraries and classrooms in different parts of the country, and represents the opinions of some 600 children. Animal stories were the favorites with 23.9 per cent, fairy stories, 20 per cent, folk lore, 17.4 per cent, poetry 10.8 per cent, miscellaneous, 8.9 per cent, informational, 6.3 per cent, historical 4.4 per cent, and children's experiences, 4.1 per cent. The division of material in the school readers was quite unlike this; the proportion of poetry supplied was three times as great as that demanded, while animal and fairy stories fell far short of it. Curiously enough, the modest demands of the chldren for informational and historical material were considerably greater than the supply in the readers.

The reading tastes of high school pupils are shown in two other studies, one by A. B. Weiser and E. J. Ashbaugh described in the *Education Research Bulletin* of the Ohio State University for September 17, 1924, and the other made in Butte, Montana, and reported by Therese M. Reichle in *School and Society* for June 27, 1925.

Vocational Home Economics in Texas. The governor's veto on the bill appropriating state funds for vocational education during the fiscal year 1925–26 means that instead of the expected $145,000 from state and $16,848 from federal funds being available for vocational home economics in Texas, only the $16,848 of federal money will be forthcoming. Fortunately the state appropriation of $21,000 for supervision

of vocational education remains, so that the vocational division of the State Board of Education will be continued. As federal funds can be used only for institutions which meet the requirements of the Federal Board for Vocational Education, all home economics work will be suspended in 104 rural and small high schools and in the 36 negro schools in which it had been introduced. The $16,848 will be used in the 99 regular vocational schools which meet the Smith-Hughes requirements. It will not suffice to continue the evening classes for adult women which had been growing rapidly and successfully.

For those unfamiliar with the situation in Texas it may be added that the appropriation had passed the legislature without noteworthy opposition and that the unexpected veto by Mrs. Ferguson came too late for the legislature to take further action before it adjourned.

Maryland's "Six Months Law." In the hope of checking mortality among illegitimate infants, the Maryland Assembly in 1916 passed a law prohibiting the separation of mother and infant during the first six months of the baby's life except under controlled conditions. The law attracted much interest among social service workers and there was considerable scepticism as to its effects, but it was not until it had been in operation for some years that satisfactory judgment could be passed. The U. S. Children's Bureau has recently made a study in Baltimore of 1921 statistics bearing on the subject, the findings of which are now available in the 24-page bulletin "The Welfare of Children of Illegitimate Birth in Baltimore," by Rena Rosenberg and A. Madorah Donahue. The report shows that the mortality among infants of unmarried mothers was 50 per cent less in 1921 than in 1915, while the corresponding decrease in the mortality of infants born in wedlock was only 20 per cent. The decrease in mortality from gastric and intestinal diseases among the illegitimate babies was also great, particularly during the early months of the first year. This, the Bureau believes, may be the result of the increase in breast feeding made possible because the mothers and babies were kept together.

Other effects of the law seem to have been to drive out of business a considerable number of small commercial maternity hospitals conducted by persons of uncertain qualifications and to standardize the methods of social agencies in dealing with unmarried mothers and their infants. It further appears that in spite of the fear that the law might increase the number of foundlings, this was reduced from 23 in 1915 to 6 in 1923.

A feature of the law which is working well in practice is its careful

definition of the terms under which mother and child may be separated. Such separation is allowed only on the presentation of certificates signed by two qualified physicians, stating that the separation is necessary for the physical good of either the mother or the child, or by direction of the Board of State Aid and Charities, or by order of a court of competent jurisdiction. In addition a regular procedure must be followed and a formal record kept of the institution or home in which the baby is placed.

The great majority of competent judges approve the workings of the law, and all agree on its excellent effect in saving babies' lives.

Mrs. Helen Bosanquet. Home economics lost one of its original and fundamental contributors, particularly to the literature on the social factors in home life, in the death in England on April 7 of Mrs. Helen Bosanquet.

Mrs. Bosanquet, as Miss Helen Dendy, was a well-known English social worker before her marriage. Her contributions to home economics are found in her three books, "The Strength of the People," "The Standard of Life," and "The Family." The latter was characterized by a leading American home economics worker as the "bible of family life." Certainly it is a book which ought to remain in service for many years as a reference work, particularly for the analysis of the modern family which comprises the second half.

Mrs. Bosanquet was the wife of Dr. Bernard Bosanquet, professor of moral philosophy at St. Andrews University, whose contributions in the field of philosophy and ethics are widely known, and a sister of the late Dr. Arthur Dendy, professor of biology in the household and social science department of the King's College for Women, University of London.—B. R. A.

OPEN FORUM

Mary B. Davis and Home Economics in Alabama. With the death of Mary B. Davis, which occurred on April 25, 1925, in St. Louis, home economics in Alabama has lost one of its most influential and best-beloved supporters. All who know the history of home economics in that state know that it came in answer to a direct demand from the public that young women should be taught some of the more practical things along with their Latin and mathematics and science.

One of its greatest triumphs was at Judson College, an institution founded in 1838, and maintaining the academic traditions of the early colleges for women. In 1914 Miss Davis was called there to organize a department of home economics. There was much to be done during the first years to make the innovation prove its worth, but through her winning personality and her unceasing labor she succeeded in a very few years in building the department to unexpected numerical strength and efficiency. The measure of her success is manifested in the strength and present high standing of the department. In 1918 the college, appreciating the worth of the work and the rapidity of its growth under Miss Davis' administration, remodeled the John Trotwood Moore home, which became the property of the college, and made of it a practice house for senior students. Miss Davis succeeded in making it for her students one of the most artistic and efficient practice houses in the state. None who have entered its wonderfully beautiful living room can ever forget that harmonious simplicity is essential in furnishing a home. In this room her spirit, her exquisite personality are expressed but never obtrude themselves.

In 1920 Miss Davis left the College to go into business for herself. Last year her health obliged her to spend some months on a farm in Missouri, and while there she became so interested in the possibilities of extension work with women that she resolved to submit to a third operation for goiter in the hope of being able to join the extension staff in Alabama. She died within a few hours after the operation. Her influence in her adopted state can never die.

ARAH H. HUBBARD,
Judson College, Marion, Alabama.

Making Costume Study Interesting. A knowledge of the history of costume is necessary to understand the use of lines and color in dress and to appreciate the good and bad points in modern dress design, but such facts are not easy to implant in the mind of a junior high school girl. In puzzling over the problem, I thought of using dolls, and soon found that the girls in the eighth grade loved working with them. Before they begin making gingham dresses we study line, color, and material as used in the historic costume, and last year we introduced dolls to represent different nations and periods.

First of all we had a "hot dog" sandwich sale to raise money to buy china dolls with movable legs and arms and long hair, the kind we used to call "nickel dolls." Each of the twenty-six girls was assigned the problem of dressing a doll to represent some special period, including in this study line, materials, color, and also styles in hair dressing.

Costumes ranged from the early Egyptian to the 1924 flapper and included Greek, Roman, Byzantine, English of the 14th and mid-19th centuries, French of the 16th and mid-19th, and several American ones.

After the dolls were completed they were permanently placed in a garden, the making of which was directed by the art teacher. The manual arts teacher made a compo board platform 22 x 32 inches. Plasticine was used for the ground work on which dyed sawdust was planted to represent grass. The garden was surrounded by a formal hedge of dyed excelsior, and at the back was a white gate of wire and plasticine with pink roses twining about it. There were trees made of sumach buds, walks of gray plasticine, benches and a fountain of white plasticine, with tin foil to represent water in the latter. The fountain was in the centre, and a walk from it to the gate was bordered with hollyhocks. In the foreground were tiny round flowerbeds set with blue flag. The whole was protected by a glass case made by the manual arts teacher.

A very interesting discussion of the project was given by several of the girls before the entire assembly of the junior high school, and later the exhibit was displayed in a prominent store window.

This finished project is to be kept for the benefit of future eighth-grade sewing classes. Along with the dolls is an attractive book describing the various periods in dress. It is made of heavy gray paper and carefully typewritten. On the first page devoted to each costume is an ornamental capital with a splash of orange and below it a small black silhouette of the lady described; also the name of the girl who dressed the doll.

LOUISE HANSCOM,
St. Cloud, Minnesota.

What Do We Know About Canned Foods? Perhaps the question should be "What can we know about canned foods?" In either case the answer would be, "Little or nothing."

Did you ever painstakingly read the labels on twenty different cans of peaches and try to tell by the label which can to buy? If not, a great disappointment awaits you. When you have finished you will know that the peaches are clings, or frees, perhaps. But excepting the products of a very few canners, you will have no idea whether the fruit is large, medium, or small, or whether the syrup is heavy or light. The only apparent way to make your selection is to assume that the prices of the retailer are an index of quality.

Theoretically, with the same dealer, and cans of the same size, say Number $2\frac{1}{2}$, the highest-priced fruit should be the best. In practice, this was not found to be the case in a test made at Teachers College, Columbia University. After making the rounds of all the stores within several blocks, buying the assortment offered by each dealer, taking the cans home, opening them and testing the products, we found that price cannot be depended upon as a guide to the largest fruit, the best flavor, or the heaviest syrup. Numerous factors enter, among them advertising. The canner who had created a demand for his product through extensive and expensive advertising can ask a higher price for a definite quality than can his competitor whose products are less widely known.

In this series of purchases of peaches, the prices varied from 25 to 89 cents per can. The most expensive was a special pack in glass, not a real Number $2\frac{1}{2}$ can, but with the same net weight of contents, approximately. The fruit from each can was drained and weighed, and the syrup tested with a syrup gauge. The price per pound of the solid fruit varied from 19 to 64 cents. The number of halves ranged from 8 to 15. The syrup was of all degrees of sweetness. The peaches were underripe, exactly right, and over-ripe. The flavor varied from excellent to poor. Yet when the labels were pasted on a card they told nothing of these differences. There was no regular relationship between cost per pound and the price paid per can, nor between the price paid and the quality received.

Apparently there was no general rule to be followed in teaching how to buy canned fruit except to tell the students to test a number of brands, making careful notes of the facts concerning each, and to choose the brands best suited to various occasions. It sounded like the only solution. Then one day an interested grocer, who has been in the business for twenty-five years and who has a real pride in his work and a vast

knowledge of the market, told us that a certain well-known firm puts out several different qualities of pears, in cans of the same size, under the same brand name, so that you cannot be certain of what you will receive from cans of the same exterior. So another good solution failed.

What can be known definitely is the advantage of the larger can over the smaller. A Number $2\frac{1}{2}$ can of Queen Anne cherries held a little more than twice as much fruit as two of the Number $1\frac{1}{2}$ cans of the same brand. But it cost fifteen cents less than the two smaller cans, though the fruit was larger and of better quality! Similarly, with tomatoes of a given brand there was a saving of eight cents made by purchasing a Number 3 can instead of three cans of Number 1 size. And so it goes. The plea of the small can for a small family is seldom justifiable. It is usually the result of a slothful disposition, unwilling to think out how to use left-overs.

Haven't we a right to some definite information? No one would expect us to buy a silk dress from an unopened package of material. The grocer cannot open canned foods for inspection, and for this very reason the can label should be made as clear as possible. The net weight, the one thing plainly stated, tells nothing as to the proportion of solid fruit to syrup, though we buy for the former and not the latter. There is no information as to the number of pieces of fruit to be expected, nor of its probable sweetness. The worst of it all is that the canner has all of this information and passes it on to the wholesaler. He cans certain definite grades, "extra," "fancy," "standard," "pie," "water," for each of which he has specifications as to number of pieces, quality, and heaviness of syrup. The retailer, who is trained, knows what he is buying from the wholesaler. But for the ultimate consumer all of this information might as well not exist. It is not upon the label. Why?

The question of giving the housewife more information and help was agitated at the meeting of the National Canners' Association last year. But to date there is no marked improvement in the can wrappers. Perhaps the demands of the housewife and the teacher of home economics might help to make it possible to buy intelligently.

DAY MONROE,
Teachers College, Columbia University.

BOOKS AND PERIODICALS

Tea-Room Recipes. By LENORE RICHARDS and NOLA TREAT. Boston: Little, Brown, and Company, 1925, pp. 147. $2.00.

There are so few quantity cookery books of any value on the market that we welcome any new ones—especially are we pleased to have those backed by such experience as "Tea-Room Recipes."

This book is "designed for those desiring to entertain at home, or for managers of tea-rooms and clubs."

The book contains ten chapters. The first nine consist of recipes for soups, entrees and sauces, vegetables, salads and their dressings, sandwiches, breads, desserts, pies, cakes and their fillings and icings, cookies, and ice cream. The last chapter includes menus which have been worked out from the experience of the authors in their own tea-room, and an alphabetized table of weights and measures. Each recipe is given in a six-column diagram. The first column contains the ingredients, followed by columns for quantity by measure or weight, calories, and two blank columns to be used for unit costs and total costs. Each diagram is followed by method for combining the ingredients, and at the close of each recipe are given not only the number of servings obtained from each recipe but the quantity allowed per serving and the calories in each serving. A space is also indicated in which to record the cost per serving.

The above is the same organization of material as that used by these authors in their earlier book "Quantity Cookery," to which "Tea-Room Recipes" is a companion volume. The recipes in the latter book are designed to serve fewer people, and are richer and more expensive than those in "Quantity Cookery." It is the opinion of the reviewer that these books would be of great value to teachers of institutional management as well as to managers of various types of eating places.

ROSALIE S. GODFREY,
University of Missouri.

Child Marriages. By MARY E. RICHMOND and FRED S. HALL. New York: Russell Sage Foundation, 1925, pp. 159. $1.50.

This suggestive report does not claim to be conclusive, but it covers several years of investigation into the marriage of minors. The results, while treated in a wholly unemotional way, will startle and astound all who have been inclined to question the need of restrictions in this direction. It shows that there are no less than fourteen states in which, with the consent of parents, girls can marry at the age of 12 and boys at 14; that boys and girls without leaving certain states can be married without parental consent if they make false statements; that there are in the United States today a number of "Gretna Greens," where out-of-town marriages are licensed and solemnized with unusual expedition. It shows that in nine states the minimum marriage age for girls is 14, in eight states it is 15, in seventeen it is 16, and in one (New Hampshire) it is 18; that in the 240 marriages studied "some of them border upon abduction without its occasional feature of brute force," some of the bridegrooms being four or five times the age of the bride under 16, and tragedy inevitable.

Vermont is included in the list of states where the age is 16. This is an error. During the last session of the Vermont Legislature, the reviewer introduced a bill to raise the age from 12 for girls and 14 for boys, to 16 for both sexes. It had a stormy passage in committee because the chairman of the House committee to which the bill was referred said that he did not believe in social reform, but it passed, after being amended to give 14 as the age for girls.

An earlier publication of this report doubtless would have aroused public sentiment through newspaper publicity, and a longer step might have been taken. For, as the authors point out: "It is true that the institution of marriage is partly based upon an instinct as strong as are the instincts of self-preservation and pugnacity. But that instinct, and these other two, have been controlled and reshaped not only by the material environment but by a great body of social tradition which is transmitted from generation to generation—a molding world-force which may even influence the biological instinct of sex."

To read the testimonies of several Roman Catholic priests who, with other thinking people, recognize that, in the main, girls are not physically or psychologically ready for marriage at the age permitted by their own church, was heartening to the reviewer because a priest holding the old traditional view had much to do with retarding Vermont's progress in this matter this year. Another block was the apathetic attitude of groups organized for social progress who wanted the old common law repealed but who did not work for it. As the authors suggest, concerted action is necessary.

All who have human progress and welfare at heart should study and openly discuss the striking facts presented in this book so that society in general may recognize the danger to itself and to the individuals directly concerned, in the marriages of physically and mentally immature children. Here one finds an arresting and urgent field for work.

ANNETTE C. DIMOCK,
East Corinth, Vermont.

The Economic Laws of Art Production. An Essay toward the Construction of a Missing Chapter of Economics. By SIR HUBERT LLEWELLYN SMITH. London: Oxford University Press, 1924, pp. 246. $2.00.

Art is often thought of as something foreign to everyday experience, something that flowers out in an "art period," as in ancient Greece or the Renaissance. The present volume, based on lectures at the School of Economics, University of London, makes plain the greater importance of "common art" as it appears in such homely things as utensils, clothes, furniture, and houses, which are the work of the ordinary artisan and the product of the modern factory. This the writer calls "the permanent substratum of 'common art,' the soil which is essential to the growth and flowering of great art. We have to maintain a high level of common art to meet the everyday needs of the present. The fostering of common art means caring for utility, fitness and beauty in all branches of national life."

Machine industry has tended to weaken the designer's control over the product, and, in many lines, design has been separated out and itself made a special business, that of producing designs; these in turn may have to be adapted technically within a given business by a "styler." This studio designing has tended to migrate to distant centers, often to foreign countries. Two suggestions for improvement are: the independent studio outside the factory but developed locally or at least within the national culture; and the employment of designers inside the workshop, who shall be superior to those often found at present, improved "in quality and status so as to be capable of original art creation as distinct from adaptation." The author believes the latter to be the way of substantial progress.

Is there hope for art in this machine-ridden age? Not perhaps at once, for a period of great art cannot be hastened; but surely for a living common art if we will cultivate it and ourselves. We must "have a sufficient degree of preference for things deemed beautiful by current standards to express that preference in an economic form; i.e., be willing to pay somewhat more for a beautiful than an ugly article."

A living art culture is dependent upon healthy functioning of the social organism, in which designer, manufacturer, wholesale and retail trader, and ultimate consumer, each carry responsibility for making, choosing, and using products that are artistic rather than ugly. Education must equip each for his particular responsibility. From

such a view, home economics education takes on wide responsibilities for promoting the art factor in our national culture.

Among significant chapter headings are: Economic meaning of a work of art, Unity and subdivision in relation to works of art, Position and function of design in modern industry, Economic fitness as a condition of art value, International intercourse in works of art, Evolution and modification of artistic styles, Interaction of national art cultures, and Periodic movements of art energy.

This economic analysis of art is not easy reading, but it will certainly be found stimulating by all looking for the fundamental controls in art progress. Those concerned with teaching in which the art factor is important, should welcome it for the new views which it brings. Those interested in the viewpoint of this book may recall Charles R. Richards' "Art in Industry" (Macmillan, 1922), the report of an "industrial art survey" giving concrete conditions in many American industries where art is an important factor; the conclusions of that study (p. 473) may well be considered with the present more theoretical survey by Smith.

B. R. Andrews,
Teachers College, Columbia University.

Modern Marriage. By Paul Popenoe. New York: Macmillan Co., 1925, pp. 259. $2.50.

Handbooks of information for persons considering marriage are more conspicuous for quantity than for quality. The present one is by a well-known eugenicist and former editor of the *Journal of Heredity* and so escapes many of the biological pitfalls into which the well-meaning layman or clergyman is likely to stumble. It shows a consistent effort to avoid hearsay and sentiment and to base its statements on scientific and statistical facts. Unfortunately the latter are scarce when it comes to the more personal elements in the choice of a mate but, as Dr. Popenoe points out, more are available than are commonly made use of. The material is presented in orderly fashion and readily referred to. The discussion is handled with both frankness and decency, and makes interesting, agreeable reading.

The book is written primarily for men, but there is nothing in it which a woman would not profit by, and it includes at least one chapter which should interest her as much as if not more than a man. This is entitled "My first baby;" it was written by an intelligent, sensible, healthy young woman shortly after the birth of her first child and gives her recollection of her experience from the time she started for the hospital until she left it two weeks later after an uncomplicated but more than usually painful confinement. Dr. Popenoe it probably right in believing that this description is unique in literature, and the reader shares his surprise that no other attempts have been made to give laymen a normal woman's own impressions of the experience. It has the wholesome effect of making clear many points which usually seem vague and sometimes terrifying to all but mothers, doctors, and nurses, and it shows that in a normal case the experience itself may have elements of deep satisfaction in spite of the suffering. Worth mention are perhaps the comments of three readers, a young woman whose first child was a few weeks old, a woman physician, and an experienced obstetrical nurse. The young mother said "Bosh" now and then when the writer's feelings differed from her own, but the nurse and doctor could match almost every detail from their broader observation. The nurse was especially struck with the writer's rather prolonged reluctance to take an anesthetic because she did not wish to miss any part of the experience, however painful—a distinctly modern point of view which the nurse and the doctor agreed one met occasionally nowadays, but which would hardly have been heard of ten years ago.

Some readers may feel that by confining himself to the biological aspects of marriage and omitting what they would call its spiritual significance Dr. Popenoe has made impossible a just presentation of its sociological value. Others may think that his other-

wise admirable common sense occasionally deserts him in the chapter entitled "How?" in which he tries his hand at the risky task of telling how girls and men do and should plan their matrimonial campaigns. On the whole, however, he has done exceptionally well in bringing together the available information which might aid an intelligent person to make and maintain a successful marriage in a period when unsuccessful ones sometimes appear an increasingly serious social menace.

BOOKS RECEIVED

Food Products. By H. C. SHERMAN. Second edition, revised and enlarged. New York: The Macmillan Co., 1924, pp. 687. $3.00.

A revision of one of the most widely-used handbooks of nutrition; orig;nally published in 1914; retains its original order and plan, but is now enlarged by about 100 pages, and thoroughly rewritten to bring the general discussions into accord with the newer points of view, and to include recent statistics, research, and references to literature; takes the view that the so-called newer knowledge of food values supplements rather than supplants previous discussions based chiefly on proximate principles and energy values, and is still too incomplete for final formulation or easy generalization; includes an important new chapter on "Food budgets and food economies," and a table of food products as sources of vitamins A, B, and C.

Health for Every Day. By MAURICE A. BIGELOW and JEAN BROADHURST. New York: Silver-Burdett Co., 1924, pp. 235. $0.72.

Health in Home and Neighborhood. By MAURICE A. BIGELOW and JEAN BROADHURST. New York: Silver-Burdett Co., 1924, pp. 320. $0.84.

Books intended for use in elementary schools, the first dealing more specifically with personal and the second with community hygiene; avoid descriptions of the organs and functions of the body; use nature-study and everyday experience as methods of approach; suggest problems and activities as a guide to the study and practice of health; give after each chapter a list of "things to ask, answer, tell, or do," arranged for stimulus, direction, and check in silent reading; include at the end suggestions for teachers on the general use of the material, introductions to various topics, the use of illustrations and of silent reading; about 150 well-selected pictures to each volume, with carefully-worded legends.

Lighting in Relation to Public Health. By JANET HOWELL CLARK. Baltimore: The Williams & Wilkins Co., 1924, pp. 185. $4.00.

Described as "a simple and condensed text, treating of illumination from the point of view of public health. A non-technical but scientific discussion of an important factor in the school, hospital, factory, office, store, and on the public highway;" includes discussions and diagrams of interest in connection with household illumination and visual hygiene; not too technical for reference use by college classes in household equipment and hygiene.

China and Glassware. By FREDONIA JANE RINGO. Chicago: A. W. Shaw Co., 1925, pp. 166. $1.50.

Girls' and Juniors' Ready-to-Wear. By FREDONIA JANE RINGO. Chicago: A. W. Shaw Co., 1925, pp. 160. $1.50.

Mens' and Boys' Clothing and Furnishings. By FREDONIA JANE RINGO. Chicago: A. W. Shaw Co., 1925, pp. 160.

Muslin Underwear and Petticoats. By FREDONIA JANE RINGO. Chicago: A. W. Shaw Co., 1925, pp. 121.

Four volumes in a series of merchandise manuals for retail salespeople prepared by the Research Bureau for Retail Training, University of Pittsburgh, with funds provided by seven cooperating stores in Pittsburgh; based on information collected from such sources as conference with experts,

literature, and personal observation, and carefully selected to fit the needs of retail salespeople, the idea being to keep in mind the qualities desired by consumers and give such attention to materials and methods used in production as will insure an intelligent understanding of the goods to be sold; arranged in question and answer form; intended for salespeople, buyers, and teachers, but useful also for reference by home economics classes; include definitions current in the trade. Other titles in the series cover most divisions of clothing with one or two on household textiles.

First Book of Pattern Design, with Some Examples of Historic Craft Work. By B. Hargreaves. London: A. & C. Black, Ltd. New York: Macmillan, 1924, pp. 32. $1.20.

A collection of fifteen full-page, clearly-printed black-and-white plates illustrating variations of elementary, angular, undulate, and interlacing borders; check, diaper, counterchange, interchange, spot, sprig, and stripe patterns; and all-over patterns of various types; indicates the historic origin of some of the designs; printed on special art paper and arranged with a blank page facing each plate.

Acquiring a Home. By Clinton H. Blake, Jr. Garden City, N. Y.: Doubleday, Page & Co., 1925, pp. 280. $2.00.

A volume by the editor of the legal department of *The American Architect and the Architectural Review;* intended to supply information needed but usually lacking and not easily found by the layman interested in purchasing or building a home; deals with choice and methods of purchasing real estate, relations with real estate brokers, architects, contractors, and others, with careful suggestions on the form of deeds and contracts and explanations of various procedures; includes eighty-five pages of standard forms recommended by the American Institute of Architects or the Title Guarantee and Trust Company of New York; well-ordered in presentation and clear in style; useful as reference in the study of home ownership.

Economics for Helen. By Hilaire Belloc New York: G. P. Putnam's Sons, 1924, pp. 225. $2.00.

A good example of a book that states the fundamentals of a science for the general reader rather than the specialist; distinctive for its attractive, readable style, grasp of underlying principles and their concrete illustration. It does not present the economics of women's problems, as the title might suggest, but entirely the classical problems of general economics with their present political applications; includes certain novel points which have met with criticism, but is generally reliable; suitable for reference in high school and college home economics classes and comparable with such books as Fabian Franklin's "Plain Talks in Economics" (Putnam), and Henry Clay's more comprehensive "Economics for the General Reader" (Macmillan).

Cost of Living in the United States. New York: National Industrial Conference Board, Inc., 1925, pp. 201. $2.50.

A study made by the research staff of the National Industrial Conference Board, intended to supplement the earlier publication "Family Budgets of American Wage Earners," by giving an analysis and comparison of the more important index numbers of cost of living in the United States and to indicate changes in the cost of living during the last decade; includes index numbers based on the Board's own surveys and those issued by the U. S. Department of Labor and the Massachusetts Commission on the Necessaries of Life; includes statistics through December, 1924; well arranged and convenient for reference.

Preparation of Scientific and Technical Papers. By Sam F. Trelease and Emma Sarepta Yule. Baltimore: The Williams & Wilkins Co., 1925, pp. 113. $1.50.

Described as "an authoritative discussion of first steps in treating scientific data, suggestions for subject matter and arrangement, corrections and alterations in manuscript, preparation of typewritten copy, kinds of type and how to indicate them, use of tenses, correct abbreviations, compiling

tables, literature citations, headings, illustrations, use of footnotes, quotations, proof reading, tables of contents;" condensed, well-ordered, and easy to use; includes lists of important scientific journals and their abbreviations and a brief list of other books and articles on scientific writing; a convenient little manual for both inexperienced and experienced writers.

Municipal Index—1925. New York: The American City Magazine, 1925, pp. 521. $4.00.

A yearbook of progress in municipal government, administration, and allied movements; indicates prevalent practice in city organization and public service activities; includes addresses of many welfare organizations; carries advertisements of supplies needed by municipalities; well indexed; intended primarily for city officials but convenient for reference by social workers and others interested in municipal and public service improvement.

Film Year Book, 1925. Edited by JOSEPH DANNENBERG. New York: The Film Daily. Pp. 704. $5.00.

The fifth annual compilation of information of interest to the motion picture industry brought together by the publishers of a prominent trade paper; includes lists of films, producers, distributors, exhibitors, directors, scenario writers, supply dealers, and others, together with censorship regulations in this and other countries, educational activities, legal decisions, opinions of prominent persons in the motion-picture world, and excerpts from magazine articles and reports; intended primarily as a reference volume for the industry, but of service also to committee members, teachers, and others concerned with the status and tendencies of the motion-picture world.

American Arts College. By FREDERICK J. KELLY. New York: The Macmillan Co., 1925, pp. 198. $2.00.

Essentials of Healthful Living. By WILLIAM S. SADLER. New York: The Macmillan Co., 1925, pp. 481. $3.50.

French Home Cooking. By CLAIRE DE PRATZ. Edited by DAY MONROE. New York: E. P. Dutton & Co., 1925, pp. 295. $2.50.

Dramatizing Child Health. By GRACE T. HALLOCK. New York: American Child Health Association, 1925, pp. 306. $2.00.

Psychology of Early Childhood. By WILLIAM STERN. New York: Henry Holt and Company, 1924, pp. 557. $5.00. (Translated into English from third edition in German.)

Safeguarding Children's Nerves. A Handbook of Mental Health. By JAMES J. WALSH and JOHN A. FOOTE. Philadelphia: J. B. Lippincott Co., 1924, pp. 272. $2.00.

Wholesome Childhood. By ERNEST R. GROVES and GLADYS HOAGLAND GROVES. Boston: Houghton-Mifflin Co., 1925, pp. 183. $1.75.

ABSTRACTS FROM PERIODICALS

NUTRITION

Hess, A. F., and Weinstock, M. A further report on imparting antirachitic properties to inert substances by ultraviolet irradiation. *Jour. Biol. Chem.*, 1925, 63:297.

In continuation of the authors' studies on the irradiation of food materials to render them antirachitic, it is reported that irradiated green wheat retained its antirachitic properties after storage at room temperature for two weeks, irradiated green lettuce after two days, and irradiated linseed oil after six months. In attempts to activate other food materials, positive results were obtained with etiolated yellow wheat, etiolated yellow lettuce leaves, and patent wheat flour, and negative results with chlorophyll, red blood cells, cream, the phosphatides of egg yolk, and glycerol.

Hess, A. F., Weinstock, M., and Helman, F. D. The antirachitic value of irradiated phytosterol and cholesterol. *Jour. Biol. Chem.*, 1925, 63: 305.

Aqueous suspensions of purified phytosterol and cholesterol acquired antirachitic properties on irradiation. It is considered of significance not only that a known chemical compound can be rendered antirachitic by irradiation but that in the case of cholesterol the compound is a normal constituent of the deeper layers of the skin. The possibility is suggested that cholesterol plays a part in the ordinary protection of animals against rickets by exposure to light.

Hess, A. F. The ultraviolet rays of the sun. *Jour. Amer. Med. Assoc.*, 1925, 84: 1033.

A comparison is reported of the seasonal incidence of rickets in various localities with the amount of actual sunshine, and the seasonal and diurnal variations in the ultraviolet light in the sun in these localities. No close parallelism was found to exist between the incidence of rickets and the yearly amount of actual sunshine or the distribution of sunshine throughout the year. The determining factor was shown to be the quality rather than the quantity of the sun's rays, i.e. the amount and intensity of the short ultraviolet rays. Since the amount of such rays is very small during the winter months, it is considered doubtful if much is to be gained by the use of quartz panes in place of ordinary window glass in nurseries, but that a surer means of preventing rickets is the use of ultraviolet light from artificial sources, or cod liver oil, or foods activated by irradiation.

Steenbock, H., and Daniels, A. L. Irradiated foods and irradiated organic compounds: Therapeutic possibilities. *Jour. Amer. Med. Assoc.*, 1925, 84: 1093.

Following a summary with references to the original literature of previous work on the subject, data are reported on the calcium balances in two infants after the addition to their ordinary diet of 5 cc. daily of olive oil at first untreated and later irradiated. In one subject the calcium retention increased from 0.047 to 0.061 gm. and in the other, from 0.059 to 0.065 gm. per kilogram following the change from untreated to treated oil.

Substances listed as acquiring antirachitic properties on irradiation are: wheat, rolled oats, corn, hominy, cream of wheat, shredded wheat biscuits, corn flakes, patent wheat flour, cornstarch, meat, milk, and egg yolk. The activation of such widely different food materials is attributed to the fact that they all contain lipoidal constituents of the nature of sterols.

Cowell, S. J. Irradiation of milk and the healing of rickets. *Brit. Med. Jour.*, 1925, No. 3352, 594.

An additional proof of the value of irradiated food materials in the dietary treatment of infantile rickets is afforded by radiograms of the wrists of three children before and after one month on a diet furnishing 1 pint of milk daily as practically the only source of fat-soluble vitamins. In two cases the milk had been irradiated in shallow dishes and in the other was given untreated. Dense calcification of the bones took place in the two former and only a slight increase in the latter. The author concludes that "this quite definite and remarkable 'activating' effect of ultraviolet rays on foodstuffs is obviously well worth following up, and opens up new possibilities in the treatment of infantile disorders."

Koehne, M. Dietary control of nephritis. *Jour. Amer. Med. Assoc.*, 1925, 84: 1103.

In this paper the author emphasizes a point that is often overlooked in special diets for pathological conditions such as nephritis, gastric and duodenal ulcers, diabetes, etc.; namely, that it is quite as essential for the sick as the well person that the diet be adequate from the standpoint of the modern principles of nutrition, particularly as regards quality of proteins, sufficiency of calcium, iron, and other inorganic elements, and an abundant supply of vitamins. With this in mind, present knowledge concerning the treatment of nephritis is outlined with

reference to the dietary measures involved, the dietary limitations are discussed, and a general plan of dietary control is presented.

Friend, G. E. On feeding in public schools. *Sci. Prog.* (London), 1925, **19**: 643.

This is a nontechnical discussion of various aspects of institutional feeding, particularly as applied to the English public schools.

Supplee, G. C., Dow, O. D., and Hollis, S. C. Dry milk for school service. *Nation's Health*, 1925, **7**: 254.

The feasibility of using reconstituted dried milk as a supplementary school lunch for undernourished children is shown by the results obtained with it in a group of over 100 children of the first four grades of a village school in northern New York. The periods of observation included one of three months in which no supplementary lunch was given and another of the same length during which an average of 0.63 pint of milk was taken daily by each child receiving milk. The comparisons included general physical condition and weight gains.

Of the children who were more than 7 per cent underweight at the beginning of the supplementary lunch period, 23 drank more than a quarter of a pint of milk daily and their deficit changed from 12.2 to 9.5 per cent, while in those not taking milk the deficit increased from 10.4 per cent to 11.1 per cent.

S. L. S.

NOTES AND CLIPPINGS

American Library Association Reading Courses and Lists. The American Library Association announces a series of reading courses entitled "Reading with a purpose," intended to give the general reader an introduction to specified subjects. The series, which is to appear at the rate of about one a month, begins with one on Biology by Vernon Kellogg, including a brief, interesting foreword and recommending six books to be read consecutively. Other courses in preparation are "The physical sciences," by E. E. Slosson, "Economics, by Leon C. Marshall, "Appreciation of music," by Daniel Gregory Mason. Copies may be purchased for 50 cents each in cloth, 35 cents in paper, or at reduced rates for larger quantities from the American Library Association, 86 E. Randolph Street, Chicago.

Another recent American Library Association list is "Vocations for college women," by Fanny Dunlap and Alice S. Johnson. Single copies are sold at 35 cents each, 10 or more at 25 cents each.

New York Welfare Council. The city-wide coordination of social work in the newly-formed Welfare Council of the City of New York is of general significance and interest, and social workers everywhere will be glad to know that the Coordination Committee's plan for the Council has been reprinted from *Better Times* in pamphlet form and will be distributed free on request to George H. Hecht, 100 Gold Street, New York City.

Housing for Girls in New York. The annual report of the Association to Promote Proper Housing for Girls says that nearly half of the 342,512 employed women in Manhattan are under 25 years of age, and of these one-fifth are without permanent homes. As many of them receive less than $18 a week, and the lowest weekly rent for a room that meets the minimum requirements of health and decency is $8, it is not surprising that the Association last year aided 10,000 girls to find proper housing.

Courses for Chefs. The Lafayette Junior High School in Los Angeles is reported by the *Industrial Arts Magazine* as having for five years offered a two-year course in cooking, serving, and management, taught by an experienced chef and including all phases of restaurant cooking, baking, and service, with special emphasis on sanitation. Thirty or forty boys are graduated each year, most of whom easily find employment in

hotels, dining cars, and in some cases, in establishments of their own.

Food Charts and Recipes. The bureau of home economics and diets of the United Hebrew Charities of the City of New York has published two kitchen cards, one giving well-planned, inexpensive menus for a week, and the other recipes for the dishes recommended. They may be purchased for 10 cents a set from the United Hebrew Charities, 125 East 46th St., New York City.

Model of Children's Home. A miniature "cottage institution," located in a pleasant countryside near a town, was exhibited by the U. S. Children's Bureau at the recent meeting of the International Council of Women. Emma Lundberg, director of the social service division, was responsible for the plan, the main purpose of which is to lessen the institutional and increase the homelike character of institutional homes for children. In addition to administration and work buildings of various kinds, the model shows eight one-story cottages, each holding about twelve children and having its own living and dining rooms. Recreation is provided for by a well-equipped playground, gymnasium, swimming pool, ball field, and an individual garden for each child. No school or church is connected with the institution because it is considered desirable for the children to attend those in the nearby community.

Women's Clubs and Home Insurance. This is one of the subjects in the program of the General Federation of Women's Clubs and Alice Lakey, editor of the trade magazine, *Insurance*, is specialist in charge. A special issue of the magazine published in compliment to the club members in attendance at the biennial council at West Baden included a suggested insurance study program and the anouncement of a prize offered by the National Association of Life Underwriters for the best essay of 1,500 words on "Life insurance as a protection to the home." This contest is open to all members of federated clubs and further information may be obtained from Miss Alice Lakey, 72 Cortlandt St., New York City.

Elimination of Waste. The activities of the Division of Simplified Practice and the services it offers to American industries are discussed in a pamphlet "Simplified Practice: What it is and What it Offers," recently issued by the Bureau of Standards, U. S. Department of Commerce. A bibliography on simplification is included. The bulletin may be purchased for 10 cents a copy from the Superintendent of Documents, Government Printing Office, Washington, D. C.

Health Teaching. Public-health pictures were shown on one of the busy streets of the Borough of Bermondsey (London) every day from 7 a.m. till 11 at night under the direction of the Medical Officer of Health, according to a press release from the U. S. Children's Bureau. A short rhyme was attached to each picture emphasizing and explaining its meaning. The public-health department also has a moving-picture van which is sent about the city showing films on health subjects. A lecturer travels with the van.

Chicago Industrial Art School. This institution, about to be established by the Association of Arts and Industries, and housed under the roof of the Art Institute, has been made possible by a gift of $100,000 from the Rockefeller Foundation and many others from individuals. According to *Museum News*, the new school is destined to play an important part in providing for American designers the kind of training that heretofore they could for the most part obtain only in European schools; a group of well-trained, talented young designers is one of the elements needed to make a great industrial centre like Chicago also a great design centre in which new creations are developed and new standards set.

Chinese Rural Life. The national importance of improving economic, sanitary and social conditions in Chinese villages is being increasingly emphasized at present. According to the last issue of the *Lingnaam*

Agricultural Review, a publication of the Ling Nan Agricultural College, the Sino-American Joint Commission for the application of the American fund of returned Boxer indemnities has been considering the significance of rural improvement, especially in connection with the views expressed by Dr. Paul Monroe of Columbia University during his recent visit to China. There is also widespread interest in the development of the rural church and in agricultural education.

Smocks. An interesting description of the origin and history of smocks is given in the May issue of *Home and Country*, the English Women's Institutes Journal. They are said to be the "direct descendant of the Anglo-Saxon shift, a plain shirt-like garment without fullness," and until recently were made entirely of rectangular pieces, separate ones being used for front, back, collar, and each shoulder, sleeve, and cuff. They were worn by many kinds of workers, with variations in material and stitchery according to locality and occupation.

Vitrified Chinaware. The specifications adopted in November, 1924, by the United States government for chinaware for enlisted men's, hotel, and hospital service are given in Bureau of Standards Circular No. 202. Chipping, impact, quenching, and absorption tests are described, figures for resistance are given, and weights and sizes for different types of pieces. Copies of the circular may be purchased for 5 cents each from the Superintendent of Documents, Government Printing Office, Washington, D. C.

Hotel Soaps and Cleaning Compounds. Useful information on this general subject is brought together in a bulletin published in 1923 by the Research Bureau of the American Hotel Association. Besides brief, readable statements about the characteristics, manufacture, and use of soaps for hotels, specifications are given for eleven types of material, including floating, milled toilet, laundry, liquid, chip, and grit soaps, soap powder, and cleaning compounds.

Taxation for Research. According to the *Science News Letter* a bill has recently been passed by the French Chamber of Deputies, which, if approved by the Senate, will place a tax of five centimes on each 100 francs paid in salaries by industrial and commercial concerns, and will devote the proceeds to the support of scientific laboratories. It is estimated that the annual revenue from such a tax would be about 14 million francs, or $700,000 at the present rate of exchange.

Absences of Women and Men. According to research conducted by Harry W. Hepner of Syracuse University and reported in the *Journal of Personnel Research*, women in office work are absent over twice as much as men. In a large industrial concern which was considering equal salary scales for men and women office employees, it was found that during three months women were absent over 6 per cent of their working time, and men slightly over 2 per cent. For both sexes absences on pay day were less than on other days, there being in one case 50 absentees the day before and 6 on pay day.

Hotel Trade for Fresh Vegetables and Fruits. New York hotels buy annually about $3,750,000 worth of such produce, according to findings of a survey made by the Bureau of Agricultural Economics and the Port of New York Authority and referred to in the *Official Record* of the U. S. Department of Agriculture. Although this sum represents only 2 per cent of the total value of produce handled by the New York trade, the hotel trade absorbs a large part of the high-grade fruits and vegetables.

Research in Paint and Pictures. Among the grants from the Milton Fund at Harvard recently listed by *Science*, is one to Edward W. Forbes, Director of the Fogg Art Museum, to study the chemistry of paints, the preservation of pictures, and the possible use of X-ray work in the detection of picture forgeries.

NEWS FROM THE FIELD

KINDRED INTERESTS

Association of Teachers of Domestic Subjects. The annual conference of this English professional organization was held in the Pump Room, Bath, on May 16. Papers were read on "The psychology of the adolescent," by Dr. S. H. Watkins, Exeter; "Sunlight and ventilation," by Professor L. E. Hill, National Institute for Medical Research; "Some observations on the diet of undernourished infants," by Evelyn M. Hickmans. After luncheon there was an illustrated lecture on Bath. Lady Hobhouse is president of the Association, Ella Pycroft, chairman of the council, and K. Mildred Buck, secretary. The national headquarters is at Hastings House, 10 Norfolk Street, Strand, London.

International Federation of University Students. It is said that between twenty and thirty thousand American students booked passage to attend the courses of lectures on international relations which this organization, formed in Prague in 1924, has arranged to be held in Geneva during July, August, and September.

Girl Scouts. At the annual meeting held in Boston May 21, Dr. Sarah Louise Arnold was elected president to succeed Mrs. Herbert Hoover, who becomes first vice-president. Mrs. Jane Deeter Rippen continues as national director. Among the accomplishments of the past year was cited the working out of troop-training weeks, indoor ones of 20 hours and outdoor ones of full eight days in camp. Among those hoped for in the next two years are better utilization of the Little House in Washington as a means of strengthening leadership and methods in homemaking and child care; a study of training for leadership of affiliations with churches, schools, clubs, and other organizations; and a complete revision of the handbook, "Scouting for Girls." Mrs. Hoover announced a gift of 160 acres of land for a national camp site made by V. Everit Macy in memory of his wife, and an anonymous gift which clears the indebtedness on the national headquarters at 670 Lexington Avenue, New York.

Social and Economic Science Section, American Association for the Advancement of Science. A program on "Research methods and results" is planned for the Kansas City meeting December 29 to 31. There will be papers on research in relation to science in general and to specific industries, including papers on nutrition by H. E. Barnard, American Institute of Baking, and C. Robert Moulton, Institute of American Meat Packers.

School Health Bureau. The Metropolitan Life Insurance Company has established a special bureau to carry out school health programs through the publication of bulletins for free though limited distribution and through other forms of coöperation. Pauline Brooks Williamson, for several years Virginia state supervisor of health education, heads the bureau staff. Sally Lucas Jean is consultant, and there is an advisory group of eighteen well-known educators, among them Mrs. Henrietta Calvin.

Conference on Quack Advertising. A conference on means of checking deceptive advertising in relation to tuberculosis, venereal disease, and cancer was called by the National Health Council for May 5 at the suggestion of the Vigilance Committee of the Association of Advertising Clubs of the World. Thirty-seven organizations were represented, including advertisers, health and welfare workers, underwriters, and laymen, and it was felt not only that the meeting itself brought out much helpful information and experience, but also that the resolutions adopted will prove a useful weapon to the National Vigilance Committee.

Paris Scholarship for Jewelry Design. To further the art of jewelry design, Cartier, Inc., well-known New York jewellers, have again offered through the Art Centre, 65 East 56th Street, New York City a scholarship of $1,000 for a winter's study in Paris, plus fare to and from Paris. Two honorable mentions are also offered, with honoraria of $100 and $50. Designs may be submitted in competition by any registered student in a school of design or in the art department of a school, college, and university, and the jury is composed of well-known specialists. The designs submitted in last year's competition are completing a circuit of museums and art institutes throughout the country.

Y. W. C. A. Cafeteria Director's Conference. The food service department of the Association, of which Marion Hopkins is secretary, arranged an interesting conference of its cafeteria directors in New York last February. There were discussions of the principles of successful management, committee work, and standards for employers. It was the sense of the conference that "Y. W. C. A. cafeterias should be places of charm and beauty, that it was possible to maintain standards of efficiency in service and income production, that the right standards for employees should prevail, and that such a conference should be held each year."

U. S. Civil Service Examination. Applications will close August 8 for an open competitive examination for the position of matron in the schools of the Indian service at entrance salaries ranging from $780 to $1,320 a year. Furnished quarters, heat, and light are allowed appointees free of cost. Full information and application blanks may be obtained from the United States Civil Service Commission, Washington, D. C., or the secretary of the board of U. S. civil-service examiners at hhe post office or custom-house in any city.

Rural Recreation. The Playground and Recreation Association of America reports that one-third of the nineteen thousand inquiries received during 1924 were from communities with population of not more than 2,500. It also announces that Mr. Eugene T. Leis, a Cornell graduate and social worker well known in recreation circles, is available as speaker and consultant on rural recreation, especially for state and national meetings. He may be addressed at 21 North La Salle Street, Chicago, or at 315 Fourth Avenue, New York City.

Travelling Fellowship for Edinburgh Meeting. The American Child Health Association has announced that the fellowship of $1,000 to be used in attending the meeting of the World Federation of Health Associations in Edinburgh last July was awarded to Anita S. Dowell, instructor in biology and hygiene at the State Normal School, at Towson, Maryland. The award was made primarily on the basis of the school health education program worked out by the recipient, but her own physical health was also a qualification. Miss Dowell will report at the meeting on health education in the United States and will bring home reports of what other countries are doing.

ARKANSAS

Benton County Rug Weavers' Association: This was organized on May 23 with Mrs. Ava Henry of Bentonville as president and Mrs. Will Robbins of Bella Vista as secretary. Twenty women were present, coming from practically every section of the country. Most of them were over 70 years old. They do the work mainly in their spare time, and make principally braided and woven rugs, though some are trying the hooked variety. The women voted to establish a shop at the home of Mrs. Henry on the Bella Vista Drive and marked it by an attractive sign. Mrs. Mary Babb of Sulphur Springs, whose rugs are especially pleasing, will have an exhibit at Fayetteville during Farmer's Week and will demonstrate her method of making rag rugs. The editors of *Pictorial Review* have recently asked for a story of the work this group of rug weavers has done. The Extension Office of the U. S. Department of Agriculture has ordered an exhibit of rugs to send into other states. Recently, Ola Powell, of the U. S. Department of Agriculture, Washington, D. C., spent several days observing the work of these women. She bought a number of rugs to take back as samples, according to Caroline Kesler, home demonstration agent for Benton County.

Mrs. Elizabeth Temple, who has for a number of years been home demonstration agent in Benton County, has accepted a position as supervisor of home economics with the Frisco Railroad. Mrs. Temple's work will be to promote the poultry industry along the Frisco Line. She will work with farm women and will coöperate closely with county home demonstration agents in such projects as the home poultry flock and the standardizing and marketing of poultry products. Home demonstration workers appreciate the Frisco authority's recognition of the fact that the economic production of food and successful marketing of the surplus is a distinct phase of rural home economics.

CALIFORNIA

Home Economics Association, Southern Section. Meetings are held on the third Saturday of each school month. The club home at the Women's University Club, 943 S. Hoover, Los Angeles, will be open this summer to all visiting home economics teachers.

The March meeting was unusually interesting because of Dr. Pollia's lecture on "The hidden menaces in foods," which made the cause of anaphylaxis especially clear.

The April meeting was held at the Ambassador Hotel in connection with the annual food show.

On May 23 the Association was the guest of the University of California, Southern Branch, on its home-coming day, a much-anticipated yearly event of which the program was in charge of the student home economics club.

With each monthly notice sent out, a list of new members is appended, which aids materially in keeping the membership list complete and up to date. There are 256 members at present.

The five state councilors for the southern section, who were all present at the annual state council meeting in Santa Barbara, April 9 and 10, are: Mrs. Ida Sunderlin, Inglewood; Etta P. Flagg, Los Angeles; Katherine McGorray, Pasadena; Maud E. Hayes, Long Beach; Essie L. Elliott, Los Angeles. Mrs. Sunderlin and Miss McGorray were elected state president and secretary-treasurer respectively for the year 1925–26.

San Francisco. *Nutrition News*, a mimeographed sheet issued by Ellen M. Bartlett, supervisor of home economics in San Francisco, reports that 90 public schools in the city served 241,807 mid-morning lunches during March, averaging nearly 11,000 daily. Of the total number 14,562, or 6.8 per cent, were free. The milk used amounted to 15,112 gallons. Of the 90 schools, 20 operate at a deficit. In many schools, the children are served in the classrooms, and teachers seize the opportunity to teach the amenities of eating in groups. An advantage of classroom serving is that underweight children are more likely to drink their full allowance of milk under the eye of the class teacher.

COLORADO

University of Colorado. Former summer school teachers who are returning to teach this year are: Louise Glanton, formerly head of the department of clothing and textiles in Kansas State Agricultural College, now spending a year at Yale; Mary Pohlson, also of Kansas State Agricultural College; Nelle Nesbitt, University of West Virginia; and Verral Craven, of Morain Park School, Dayton, Ohio. Among new visiting members of the staff are Gertrude Arbogast, formerly of the University of Wisconsin, now doing graduate work in Teachers College, and part-time teaching in the New Jersey College for Women; Pearle Ruby, of Kansas State Agricultural College; and Adelaide Barer, formerly of the University of Illinois, now studying nutrition at the University of Iowa Medical School.

The New York School of Fine and Applied Arts is opening a branch school for summer work in connection with the University of Colorado. Mildred Irby and Muriel Sibell, instructors in the New York school, will give courses in house planning and interior decoration, costume design, and graphic advertising.

DELAWARE

Delaware Home Economics Association. At the spring meeting the following officers were elected for the year: president, Ethel L. Parker, Newark; vice-president, Helen Comstock, Dover; secretary-treasurer, Mrs. Annette Butler, Camden; councilor, Elizabeth Kelly, Newark.

DISTRICT OF COLUMBIA

District of Columbia Home Economics Association. In addition to planning and furnishing a moderate-priced house of six rooms at Aurora Hills, Virginia, for demonstration during Better Homes Week (see June JOURNAL, page 361), the Association arranged the following series of informal talks for each afternoon: "The convenient kitchen," Rowena Schmidt; "The better homes movement," Dr. James Ford, Director of Better Homes in America; "Books in the home," Helen W. Atwater; "Pictures in the home," Grace Lincoln Temple; "The spirit of the home," Mrs. Louis Post; and "Curtains at moderate cost," Margaret Bostian. Among the distinguished visitors to the house were Secretary Hoover and Secretary Jardine. Though their visit was a most informal one, Mr. Hoover and Mr. Jardine made brief speeches congratulating the Association on its "excellent demonstration of a well-furnished and equipped small home within the reach of a family of moderate means." As honorary president of Better Homes in America, Mr. Hoover also emphasized the need of study of the biggest of all problems now facing the prospective small home owner—how to finance such an undertaking—and expressed the hope that some disinterested agency would soon be able to conduct the needed research and suggest means of remedying the present situation.

With the exception of china and silver, the house was completely furnished for a total of only about $1,400. This included a most interesting and suitable collection of pictures, valued at over $100, selected by Miriam Birdseye of the U. S. Department of Agriculture. The curtains made by Margaret Bostian, of the U. S. Bureau of Home Economics, from materials costing only $20 were another feature which drew special comment. Dr. Louise Stanley, of the U. S. Bureau of Home Economics, was chairman of the furnishings committee.

An open-air stunt party was held in the garden of the Grace Dodge Hotel in June to defray the expenses of the better homes demonstration

Dietetics Association of the District of Columbia. The Chief feature of the May meeting was an address on gastric ulcer by Dr. Clapham King, formerly associated with Dr. Robert and Dr. Charles Mayo of Rochester, Minnesota.

Miss Rowena Roberts has become president of the association through the resignation of Mrs. Genevieve F. Long, who sailed for Brazil in June with her husband. Mrs. Long had been chief dietitian at Walter Reed General Hospital for four years and had done much to organize and promote the activities of the District Dietetics Association.

Howard University. Freedmen's Hospital, which is very closely associated with Howard University, is now offering a student dietitian course of four months to qualify young women to be dietitians. Graduates of a four-years home economics course, or its equivalent, with food work as the major are eligible. The home economics department of Howard University feels that this gives an opportunity to its students and to others who have found it very difficult in the past to get this training.

Child Health Day at the Grace Dodge. Although special children's menus are a part of its daily service to guests, on May Day, officially designated as Child Health Day, the Grace Dodge Hotel prepared a special luncheon for children. There were dainty place cards and favors for each child, and after luncheon someone to tell them stories on the lounge. The menu, prepared with the assistance of Rowena Schmidt of the U. S. Bureau of Home Economics, consisted of fruit surprise; eggs à la goldenrod and parsley potato, or broiled lamb chop and creamed potatoes; baked tomato; graham

bread and lettuce sandwiches; milk; vanilla ice cream and cake.

Public Schools. At the request of the District of Columbia Board of Trade the household arts classes of the Eastern High School prepared a clothing selection exhibit. The main feature was a series of large posters entitled "Suitability of clothing—to the income, to the environment, to the occasion, and to the individual." The first poster in the set gave a high-school girl's clothing budget on the basis of a $100 allowance from a family income of $2,000. The others showed colors and designs of dresses and hats suitable to different types of coloring, figures, and faces, and also special designs for correcting variations from the standard figure, such as short waist and square and sloping shoulders. In addition there were several other posters, one showing a girl's own wardrobe worked out as a costume design examination and some leaves from a textile testing notebook, and another comparing ready-to-wear and homemade costume slips.

The Housekeepers' Alliance. The April meetings was given over to the social hygiene committee with a talk by Dr. Howard Fisher of the local health department, followed by a film shown by Mr. Willard Smith, depicting what the "health twins" have been able to do by their insistence on health education.

At the May meeting Mr. Chris Christiansen, of the U. S. Department of Agriculture, gave an interesting talk on "Coöperative marketing in Denmark."

The officers for next year are as follows: president, Mrs. William E. Chamberlin; first vice-president, Ellen A. Vinton; recording secretary, Mrs. H. M. Wiley; corresponding secretary, Mrs. H. C. Brown; treasurer, Mrs. J. C. Kondrup.

FLORIDA

Florida State College for Women. Three members of the college faculty who expect to study during the summer at the University of Chicago are: Anna May Tracy, college dietitian; Leila Venable, instructor in home economics edudation; and Genevieve Crawford, instructor in foods and nutrition.

The annual course for club girls was held at the College June 12 to 19, inclusive. Over four hundred girls attended, the largest number in the history of the state work.

Recreational camps for girls and women were organized for June and July, each to last approximately four days. Certain phases of club work were taken up along with various forms of entertainment.

Vocational Home Economics. Lucy C. Cushman, who for several years has been the State Supervisor of Home Economics in Florida, has resigned her position. Miss Cushman plans to take a year's vacation before entering upon her new work. Eloise Berry has been appointed State Supervisor Miss Berry has been for some time a member of the home economics staff of the University of Texas.

GEORGIA

State Home Economics Association. At the sixth annual meeting in Macon, April 17–18, the following officers were elected: president, Clara Lee Cone, supervisor of home economics in high schools of Atlanta; vice-president, Gussie Tabb, Georgia State College for Women; secretary, Mrs. R. Fred Whelchel, Atlanta; treasurer, Catherine L. Newton, State College of Agriculture; councilor, Epsie Campbell, state suprevisor of vocational home economics. The convention was well attended and there was great enthusiasm for better homes in Georgia.

State College of Agriculture, University of Georgia. Announcement has been made that graduate courses in home economics will be offered at the opening of the fall session. The demand for such courses and the response are forward steps in home economics in Georgia.

The passing of the Purnell Bill providing opportunity and funds for research in home economics and agriculture is of special interest to Georgia home economists. Mary Creswell, assistant director of home demonstration work in Georgia, has been appointed to the committee in rural home management studies, one of the projects instituted by the passing of this Act.

INDIANA

Indiana Home Economics Association. The fifth convention was held on April 4 at West Baden. Clara Locke of Terre Haute, vice-president, conducted the meeting in the absence of Miss Wellman. Mrs. Maude Hollenbach of Lebanon reported on the work being done by the committee on the grade course of home economics study for Indiana. Miss Hess spoke on "Vitalizing your home economics teaching," and Lita Bane presented the "Aims and activities of the American Home Economics Association" in an interesting way. Mrs. O. M. Pittinger, president of the Indiana Federation of Clubs, spoke on "Homemaking" at the opening of the afternoon program. Dr. J. O. Engleman, superintendent at Terre Haute, gave the closing address.

Conference of home economics supervisors. A meeting was held in the West Baden Springs Hotel April 3. Lora Lewis of Terre Haute presided at the forenoon program. "What the home expects of home economics" was presented by Ada Hillier of South Bend and discussed by Mrs. Myra Hochstettler of Martinsville. Nell Jones of Logansport read an interesting paper on the contributions of home economics to the junior high school program. Ada Hess, state supervisor of Illinois, discussed "Problems in supervision and how to solve them." Helen Bosard of Lafayette acted as chairman for the afternnon. "How home economics teaching can be made to affect the health of the girl" was discussed by Emma Page and Helen Mann of Evansville. Geraldine Hadley of Indianapolis spoke on "What subject matter in home economics appeals to the high school girl," with a discussion by Hazel Arbuckle of Greencastle.

Vocational Home Economics Conference. The seventh annual conference will be held at Winona Lake, June 15–19. Among the speakers were Dr. Carolyn Hedger, of the Elizabeth McCormick Memorial Fund of Chicago; Mary Barber, Kellogg Company, Battle Creek, Mich; Mary L. Matthews, Purdue University; Ivah H. Rhyan of Indiana State Normal School, Terre Haute; and Bertha Latta, Peoria Life Insurance Company, South Bend.

KENTUCKY

University of Kentucky. Two new courses in nutrition were offered by Miss Fitzgerald during the first term of the summer session, June 15 to July 24: one, teaching of health and nutrition in public schools, a course for teachers, dealing with the presentation of fundamental facts in teaching nutrition to children of the grades; and the other, methods of field work in nutrition, a course for home economics teachers, dealing with problems arising in nutrition instruction, how to present subject matter, illustrative material, methods used with success, including the relation of school lunch to the nutrition program of the school.

LOUISIANA

Louisiana Home Economics Association. The council met late in April for the purpose of outlining a definite program of work. Each division was represented, and the reports indicated an excellent education program for home economics.

Incomplete returns of the membership drive assured an increased enrollment for the year 1925–26. The executive council hopes to enroll the majority of the 289 home economics workers in the state by the end of the fiscal year.

Jane V. Rice will represent the Louisiana Home Economics Association at the San Francisco meeting.

Cleora C. Helbing, supervisor of home economics in Louisiana for the past eight years, resigned July 1. The State Home Economics Association and other home economists in the state appreciate the services rendered by Miss Helbing in the field, and extent sincere good wishes for her continued success and happiness. Home economics supervision will continue under the direction of Clyde Mobley, assistant in home economics, and Dorothy Kidd, instructor in clothing at Southwestern Louisiana Institute.

Southwestern Louisiana Institute. The department of home economics is now installed in its new quarters, the entire top floor of the new science building, which has been equipped in model fashion. The textile and clothing classes, under the direction of Dorothy Kidd, gave an instructive program on May 21 to the whole student body as well as to numbers of visitors. Instead of the usual type of style show, this class worked out a clever method of showing appropriate clothing for both men and women students by contrasting the good with the poor in every phase of college life. Garments and hats used were made in the domestic art laboratory. The display was received with enthusiasm and interest.

Louisiana State University. Celebrating the recognition of Louisiana State University by the American Association of University Women, a garden party was given the seniors of 1925 on a lawn overlooking University Lake. Refreshments for the occasion were planned, prepared, and served by the members of the junior home economics class. Purple and gold, the L. S. U. colors, were used for the punch and the dainty iced cakes. Yellow daisies, purple larkspur and pansies decorated the tables. Shades of lavender and gold in the dresses of the girls serving added to the attractions of the scene.

Of the members of the junior home economics class this term, 100 per cent are subscribers to the JOURNAL OF HOME ECONOMICS.

MARYLAND

Maryland Home Economics Association. The general topic of the semi-annual meeting, held at the Clifton Park High School on April 25, was child study. Mrs. J. Barry Mahool, supervisor of health work for the Maryland Tuberculosis Society, was the speaker at the morning session. Thanks to cooperation with the State Normal School at Towson and the Baltimore Parent-Teacher Association, it was possible to bring Miss Alma Binzel from New York to speak at the afternoon session on "The newer view of conduct in the making."

MASSACHUSETTS

Massachusetts Home Economics Association. An all-day meeting was held at the Women's Republican Club on Saturday, April 18, with Mildred Thomas, president, in the chair. Luncheon was served in the club house. The following officers were elected for the ensuing year: president, Amy Fackt, Women's Educational and Industrial Union, Boston; first vice-president, Agnes H. Craig, Springfield; second vice-president, Mrs. Helen Lane, Worcester; secretary, Lucille French, Framingham Normal School; treasurer, Elizabeth Burbank, Worcester; councilor, Helen Knowlton, Amherst; alternate, Mrs. Elizabeth MacDonald, Boston, director (term expires 1927), Jessie Scott, Worcester; director (term expires 1926), Alice Dike, Boston.

The education committee reported the results of a survey on home economics teaching in the public schools which showed the following points: first, that nutrition is not generally included in health teaching; second, that home economics is correlated with science rather than art; third, that very little household management is included in home economics work. Further, it was seen that girls fail to elect home economics because they do not realize its value and because it is not always acceptable for college entrance requirements. A few principals thought it desirable to have state supervision to aid young and inexperienced teachers.

The program committee coöperated with three organizations in arranging home economics programs, with the Eastern Arts Association in Springfield, with the Federation of women's Clubs in Boston, and with the Union Agricultural Association.

Mrs. Elizabeth MacDonald, representing the New England Home Economics Association, summed up her welcoming address by saying that we must use our present experiences and create new ones to produce better citizens and homemakers.

Mrs. Anne C. Allinson, formerly dean of the Women's College, Brown University, answered the question, "For whom do I make a home?" by enlarging on the fol-

lowing points: first, you make a home for yourself; second, for the family; and third, for the community. Mrs. Allinson believes that every woman, married or single, desires a home as a recognized necessity in the development of personality. She emphasized the importance of the home in the opportunity it gives to extend hospitality and provide for the expression of beauty and taste. She believes that homemaking will never be recognized at its true worth because it consists of too many elements which the pubiic cannot evaluate.

Mrs. Harry Burnham, chairman of the division of homemaking, General Federation of Women's Clubs, presented a plan for strengthening home economics work through cooperative effort, especially along the line of higher ideals for homemaking and better home economics teaching. The Women's clubs desire the assistance of every home economics teacher and urge that they join local clubs.

Dr. Benjamin R. Andrews of Teachers College spoke of the importance of the responsibility of home economics teachers in coöperating to raise standards of American living through better housing conditions.

MICHIGAN

Michigan Home Economics Association. The health number of the newsletter put out by the Association was largely the work of the Home Economics Club of the Central State Normal College.

Michigan State College. From July 20 to 24 at East Lansing was held the second summer conference for home economics teachers, called by Miss Freegard, State Supervisor of Home Economics. Mabel V. Campbell, of the Federal Board for Vocational Education, attended the meeting.

The women's section of Michigan State College held a two days' program in connection with the anniversary of the college, May 13–17. The theme was "What should be included in the education of women today to fit them to meet fundamental problems?" considering those within the home, without the home, and in the farm home.

Two five-unit courses offered by the evening school of Lansing this spring have created considerable comment and interest. Business management in the home was conducted by Irma Gross of Michigan State College and child training for fathers and mothers was conducted by Mrs. J. K. Pettingill, a prominent worker in the Parent-Teacher Association.

Minneapolis. Nola Treat and Lenore Richards, joint authors of several collections of cafeteria recipes, and formerly teachers of institution management and cafeteria managers at the University of Minnesota, have recently opened in a good business section of Minneapolis an attractive shop known as the "Richards-Treat" in which they offer self-service luncheons and dinners and sell home-cooked food.

MISSISSIPPI

Mississippi Home Economics Association. The annual meeting was held in Jackson, April 29–May 1, with M. Esther Rogers, president, in the chair. Among the speakers on the program were: Ivol Spafford, of Alabama, who discussed "The out-of-school project, the final test of home economics;" Mrs. Mary Stuart Palmer, Washington, D.C., who outlined the work of the Better Homes in America Organization; and Mrs. Robert Ralston, president of Mississippi Federation of Women's Clubs, who discussed "The home as the nation's defense."

Reports which showed active work during the year were read by the district chairman. The state association, already affiliated with the national Association, will renew its membership with a much larger enrollment. Officers elected for another year are: president, Mary Wilson, Raymond; vice-president, Mrs. Annie Bailey Cook, State Teachers College, Hattiesburg; secretary, Mary Doney, Vickeburg; treasurer Mrs. Edna L. Eatman, University.

OFFICERS OF STATE HOME ECONOMICS ASSOCIATIONS

ALABAMA: *President*, Harriet Gresham, 1556 Church Street, Mobile. Term expires April, 1927. *Secretary*, Katherine Jones, 714 Washington Ave., Montgomery. Term expires April, 1926.

ARIZONA: *President*, Elizabeth Wilson, Phoenix High School, Phoenix. *Secretary*, Ruth Sprawls, Box 382, Glendale. Terms expire November, 1925.

ARKANSAS: *President*, Connie J. Bonslagel, State Extension Service, Little Rock. *Secretary*, Elizabeth Gress, West Side High School, Little Rock. Terms expire November, 1925.

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Journal of Home Economics

MARION TALBOT

ALICE PELOUBET NORTON

University of Indiana

A friendship of forty years may disqualify one for writing an impartial estimate of another's work, but, on the other hand, it engenders an appreciation that can hardly be obtained through casual acquaintance. However this may be, it is with great pleasure that I am making the attempt to express in a public way the admiration and respect that I have always felt for Dean Marion Talbot, though only to her personally could I explain the warmth of my friendship, my gratitude for her many kindnesses, and my deep affection.

Miss Talbot's determination to retire in June, 1925, from her active connection with the University of Chicago, with which she has been associated so many years as Dean of Women and head of the department of household administration, came to many of us with both surprise and regret. It marks one of the "corners" not only in her life but in the lives of the rest of us. Yet she can look back upon the way she has come with satisfaction more complete than falls to the lot of many. Student, teacher, dean, author, going to college in the days when this meant a loss of social prestige rather than its gain, becoming a leader in the cause of the education of women, aiding in the first important organization of college women, lecturing on sanitary science when that science had only begun to be formulated, organizing a department of household administration in a great university at a time when that subject was recognized as of college value only in a few agricultural colleges, and carrying on the arduous duties of dean of women, she yet has found time to write both books and articles, to keep her membership in various important associations and clubs and to maintain her friendships.

Coming from conservative New England in the days when New England was truly conservative, Miss Talbot was able to adjust herself to a community that prided itself on its progressive ideas, and to make her

influence felt. Perhaps to the students who have come in contact with her officially, Miss Talbot's most prominent characteristic has been her sense of duty. To those who have known her better, her friendliness, her sympathetic attitude, her sense of humor, have been quite as evident. Those who have studied under her have appreciated her keen critical mind, her scholarly approach to her subject, her acquaintance with the results of the latest investigations. If they might have visited her in her New Hampshire summer home, they would have seen quite another side of Miss Talbot. A charming, perfectly arranged, well-equipped cottage, planned by herself, built out over the waters of Squam Lake, gives her the opportunity that has been denied her in the college year to manage her own home, to perform common household duties, to experiment with methods of work, and at the same time to refresh her soul with mountain, lake, and forest.

My first acquaintance with Miss Talbot was in Boston in 1885. We were both members of a small Sanitary Science Club, formed by a group of college women, under the auspices of the Association of Collegiate Alumnæ, with Mrs. Richards as leader. For two winters we met every two weeks, gaining all possible information on a subject that was then in the early stages of its development, and as the result of our study there was evolved the little book called Home Sanitation, edited by Mrs. Richards and Miss Talbot. The book was later revised by Miss Talbot and has been used extensively as a text book in the schools and as a reference book by the housekeeper. Nearly every member of this club has been active in some way in the field of home economics, undoubtedly due largely to the intimate association with Mrs. Richards that it brought.

The stimulation of her interest by this study may have been responsible for Miss Talbot's determination to continue her studies at the Massachusetts Institute of Technology where she obtained the degree of S.B. in 1888. Her A.B. and A.M. degrees she had already received from Boston University. The honorary degree of LL.D. was given her by Cornell College in 1904 and she was especially honored this past year in receiving the same degree from her own alma mater. Her first teaching in her chosen subject was at Lasell Seminary in Auburndale, where from 1888 to 1891 she gave lectures to the whole body of students on home sanitation. In 1890 Wellesley College established a tentative course in domestic science, with money especially given for the purpose, and Miss Talbot was chosen as instructor and served until she was called to Chicago University in 1892, as dean of women and assistant professor of sanitary science in the department of sociology.

Miss Talbot was one of the founders of the Association of Collegiate Alumnæ (now the American Association of University Women), one of its early presidents, the secretary for thirteen years, and always an active member. In its early days she probably was more responsible than any other one person for formulating its policy.

At the University of Chicago Miss Talbot's position as Dean of Women again gave her an opportunity to help in the formulation of a policy. In the few colleges where the position existed, the dean was frequently merely a social head, with more or less executive power, but not a member of the faculty. Miss Talbot insisted that the dean should teach and should be a member of the faculty in "good and regular standing."

From our point of view, certainly, Miss Talbot's greatest contribution to education has been in connection with the development of home economics. As assistant professor and then associate professor of sanitary science in the department of sociology, she related her work definitely to the social sciences. In 1904 the work had developed so far that at the suggestion of the University authorities, a separate department was formed to which the name of household administration was given. Miss Talbot was head of the department and was soon made full professor. Since 1901 courses in home economics had been given in the School of Education, under my direction. With the establishment of the new department, I was invited to become a member of the University staff while still keeping control of the work in the School of Education. This brought about a certain unification of the two departments, but introduced administrative problems that were sometimes difficult. I cannot refrain from mentioning Miss Talbot's generous attitude toward me, so that we worked together with complete cooperation, and with no friction whatever.

In the new department, graduate work was emphasized, and the first woman in this country to take her Ph.D in Home Economics, Edna Day (afterwards Mrs. Hyde), received this from the University of Chicago, doing her work under Miss Talbot's direction.

Miss Talbot has from the first been a member of the American Home Economics Association and has attended the meetings when possible. She has acted as hostess to the Association more than once, when it has met in Chicago. In 1917 she was chosen as its president, but, though urgently begged to accept, the pressure of her other duties was so great that she declined the honor.

As an author she has made distinct contributions to home economics, both in articles and books. Beside House Sanitation she has written a

little volume called The Education of Women, and, in conjunction with Dr. Breckinridge, The Modern Household, both of them interesting and illuminating. It will be to the great advantage of the home economics world if she will add to these books further contributions from her varied experience.

It is the earnest hope of all home economists that Dr. Marion Talbot's retirement from the University does not mean retirement from work in the home economics field.

CHANGING ATTITUDES IN THE HOME[1]

VIRGINIA WOLCOTT COLLINS

Nebraska Power Company, Omaha

In my work with the women of Omaha, I come in contact with women of all sorts and ages, the older woman whose children are married and out of the way, the one whose children are in high school, the young mother with her many problems, and the young business girl looking forward to a home of her own in a not too distant future. The older women ask how to make a certain pineapple up-side-down cake, or how many eggs I use in a waffle recipe. The younger women ask me how much time a washing machine will save, how to prepare the evening meal at noon so that their afternoons may be free, about kitchen cabinets, about costs and prices in relation to their husband's salaries. The difference in these questions indicates a changing attitude among our homemakers.

This change in the housewife's viewpoint has come about partly through the work of home economics teachers. They have undoubtedly influenced her sense of the value of expert instruction in the matter of child feeding. If she wishes to know how many drops of cod liver oil are necessary for her child's health, she may get this information from her doctor, a nurse, or from neighborhood classes, but will insist on getting it from some authentic source and will not depend upon old wives' tales of tradition. In her discussions with her friends about the diets of their children technical terms are used as a matter of course. Said a luncheon guest to explain her late arrival, "I have been so worried I almost forgot about this luncheon. I have just discovered that Ann is a month behind in cutting her lateral incisors."

This carrying-over of scientific information from the laboratory and

[1] Based on a talk given before Nebraska Home Economics Association, March, 1925.

the school into practical use in the home is developing a young eager group of housewives, a few of them trained, needing to know certain facts about housekeeping and knowing that they need to know it. And here is the great opportunity for the home economist and also a great joy. In working with the housekeeper, you find that what you teach her to-day about management, about laundrying, about cooking becomes a part of real vital experience in her family life before sundown. No matter how beautifully we plan the home project for children it often happens that the things we teach them they do not use for years. If we are to make the most of the opportunity, it behooves us to watch and consider the change in attitude.

What is it this young housewife wants to know? She wants to know about marketing, whether, time considered, it is more economical to run up a bill for groceries at the corner store or to shop for cash at chain stores. Shall she send the washing to a commercial laundry or have Lizzie come for a day? Cooperative laundries sound fine, but can they be worked out? Shall she use linen on the dining-room table or these pretty enameled cloths? How would eating on the kitchen table effect one's standards of management and aesthetics? What are the comparative merits of flaked and bar soap, and what kind should she use in the kitchen, laundry, and bath room? How do commercial water softeners compare in use with the old standby, sal soda? When it comes time to select new curtain material, she wants to know which kinds wear and stand the test of time and sunlight. She is tremendously interested to learn whether or not the mechanical devices that she sees advertised or in her friends' homes will really save her time and money.

It is amazing how general is the use of labor savers. At a recent meeting of some fifteen women, obviously with very low incomes, ten had washing machines all of which represented a real sacrifice in money. Other machines about which women want to know are the different kinds of vacuum cleaners, kitchen cabinets, pressure, fireless, and electrical cookers; they need to be told how much money, time, and labor is saved by using these devices, and how the standard of work turned out compares with that by the old hand methods.

The question of ready-made versus home-made clothing is by no means completely settled. Some of us have come to believe that garment making has been taken out of the home because of the improved style and wearing qualities of ready-to-wear garments, but the young housewife seems to devote more of her time to sewing than in the past, finding that she can dress her children better, that her own housedresses are prettier

and more durable if she makes the garments herself. Among the reasons for her greater interest in sewing, I believe, are the improvement in commercial patterns and the introduction of time-saving methods. A woman is not interested so much in the finish of a garment as in the effect.

One of the most startling changes is the attitude toward household financing. Most young wives of to-day have a more vital part in managing the money side of the household than their mothers. They are very, very much interested in budgets—not budgets based on some vague, theoretical distribution of the income among various items of expenditure, but budgets corresponding to what is actually standard with other women on incomes like their own. These young women are astonishingly frank about their own expenditures and impersonally curious about their neighbors'. They want to know what to do about the high cost of shelter, how to reconcile the other items of the budget with it, and whether it is better to own or to rent their homes. They want to know how much life insurance their husbands should carry and how to invest the money they save, something about stocks and bonds and building and loan associations.

The subject of nutrition, especially child nutrition, always gets a hearing, but the great query to-day is not so much what shall be fed, as why. The intelligent woman of to-day wants to know if there is any value in this iodine salt that she sees in grocery stores, and whether she should serve yeast to her family.

The interest in child training is amazing. It has been my privilege this year to come in contact with the mothers' training classes which Mrs. Eva Morse, of the Federal Board for Vocational Education, is giving in Omaha. The women veritably sit on the edges of their chairs to listen to such practical discussions as how to persuade May that she wants a coat without a fur collar, when she had fairly dreamed fur collars the night before, or how to remove fear forever from the child terrified by the fire engine. After such classes, the mothers go directly home to try out what they have learned and they find that it works. Without the help of such classes it would seem impossible for me to bring up a child, especially before the school age.

To whom are these young women turning for all this vital information? With the exception of the mother training classes, I fear not to home economics teachers so much as to advertisements, to women's magazines, to newspapers, and to commercial agencies. Without trying to explain this, we can find several things that we home economists can do to

interest these women in our work and bring them to us for this information.

George Bernard Shaw once said, "He who can, does; he who cannot, teaches." A woman who is going to teach other women about affairs of the household should be a "doer." She should have a home. My own home experience has taught me a thousand things about the relative importance of certain tasks, has shown me the difference between theory and the compromise of practice. It is one thing to plan a day according to household management rules and an entirely different one to get up, prepare breakfast, get the family off, put out the ice card, count the laundry, answer the telephone, work over a clogged sink drain, welcome an unexpected guest for luncheon, and realize that the iceman failed to come. No women should attempt to teach home economics to other adult women without using as a background the same laboratory that the other women use, which is the laboratory of a home.

In work with school children, a background of experience in running a home also has very great value. This knowledge was forced upon me when two other young teachers and I, as a great experiment, took an apartment together. Never before had I been able to give my students as many worth while things or get as great a joy out of working with them.

Having your own home as a starting-point does several things. It shows you the practical problems of the other housewives in the community, whether it is a question of buying meat from Brown's or Smith's, choosing material for your front room curtains, or sending out your bathroom rugs to be laundered. You gain the confidence of the women with whom you work much better by saying, "I do this; how do you do it, Mrs. Jackson?" than to stand at the head of a class and order, "do this and do that."

To succeed with the young housewife of to-day, a teacher must be practical and specific and expert, and she must get results. Having a home of your own helps you to understand this, for there results are what you have to get every hour of the day. What happens without this was admirably illustrated in a vocational class in modern laundering methods in which the women understood how to use electric washing machines, simple and commonplace stain removers, commercial soap flakes, and all the rest. As a special treat on the last day, I arranged for an expert from the factory to demonstrate how to use a new electric ironer. She came and the ironer was set up, but because of a faulty gas connection,

it would not get more than luke warm. She attempted to do the ironing, saying all the time that of course if it were hot it would do this and would do that. It was months before those women would believe that an electric ironer would work at all.

In a recent conversation with a young woman who has three children and does all her own housework, I casually asked if she had ever come in contact with any home economics work or teachers.

"No," she replied, "I never have, but oh! I wish I could go to such classes and learn some of the things I need to know right now. I haven't time for clubs, but I'd find time to go to classes about my work."

"What sort of things would you be interested in?" I asked.

"Well, first," she said, "I would like to know how to plan and manage my home. I would like to know about budgets; my husband doesn't approve of them. There are some things I would like to know about diet —oh, I couldn't begin to tell you now, and it is not only I, but all my friends who want to know. Goodbye—"

From halfway down the block she called back, "If you learn anything about those home economics classes, do please let me know."

Everywhere about us, we see eager, inquiring groups of women, wanting to know how to be better executives in their homes and how to make their home life more attractive, beautiful, and joyful, for themselves, their husbands, and their children. The field is undoubtedly white for the harvest. The best laborers are the women who combine practical homemaking experience with professional home economics training.

DISBURSEMENT OF FAMILY INCOME[1]

ALONZO ENGLEBERT TAYLOR

Food Research Institute, Stanford University

Every industry stands in occasional need of a basic inventory. An appraisal of position is the recurring need of every science. Home economics stands in need of are-inventory—an appraisal of changes resulting from the war and changes contingent on the rapid expansion of the standard of living.

According to the National Bureau of Economic Research, per capita income in the United States from 1909 to 1918 increased from $318 to $506. Reduced to the price level of 1913, we have an increase in real income of 12 per cent. Data issued by the National Industrial Conference Board, using as a cross-section 700,000 workers employed in 23 industries with 1678 plants, suggest an increase in real income of approximately 35 per cent between 1913 and 1923. This figure is too high to serve as an average, because the real income of farmers, as a class, is lower than that of urban workers. Broadly considered, however, the average American family has today a somewhat larger real income than in 1913. Upon the relation between the family income and the price level depends the fulfilment of the prophecy of Fordney: "We want Americans to be better clothed, fed and enjoy more of the comforts of life than is possible in the majority of foreign countries."[2] Real income is probably higher in the United States than in any other country, although it is hard to find comprehensive data in support of this statement. Apparently, Canada and Australia stand next to us.

The first subject for reappraisal concerns the division of the family income. Let us accept the traditional segregation into six rubrics:

1. Rent (or home payments), fuel, light, water.
2. Household furnishings.
3. Food.
4. Clothing.
5. Accessories and incidentals, including a very large series of items, such as education, recreations, medical attendance, and cultural pursuits.
6. Saving, direct and indirect, including insurance.

Incorporated in the standard of living are the cravings of individuals

[1] Based on a paper presented at the eighteenth annual meeting of the American Home Economics Association in San Francisco, August, 1925.

[2] Congressional Record, 67th Congress, p. 3481.

and the fashions of society; our needs have expanded vastly beyond mere food, clothing, and shelter.

When one contemplates the diversification and expansion of the standard of living, one is not justified in assuming that the division of the family income between these rubrics has remained even approximately constant over the past two decades, even in classes like those used in the reports of Chapin and of Little and Cotton. Rent (or home purchase) has a different meaning, both for country and city, than was the case ten years ago. The modern scheme of investment whereby individuals purchase stock in the public utilities that serve their needs has given an added import to the first rubric. Household furnishings make enlarged demands on income in the modern day of labor-saving machinery. Included in the rubric "accessories and incidentals" are such items as the automobile and the radio. In the case of food, we have the new fact of diversification of the diet from regional staples to the almost limitless choices provided in the modern market through perfection in harvesting, packing, refrigerating, transporting, and distribution of perishable foodstuffs.

We need, for different income classes, a reappraisal of the division of family income between these several rubrics. The old Le Play-Engel dictum, that with rising income the proportion expended for food declines, expresses merely the idea that demand for foodstuffs is less elastic than are many of the other demands of the family. What is needed is specific study, with different income classes, in city, town, and country, of the elasticity of demand within the several rubrics of goods and services.

Within each of these rubrics are subdivisions, on the basis of elasticity of demand.

1. Demand is non-elastic, expressing the need for the absolute necessaries of existence, reasonably defined.
2. Demand is moderately elastic, corresponding to what may be termed relative necessaries of life, reasonably defined.
3. Demand is freely elastic, corresponding to what may be termed relative luxuries, reasonably defined.
4. Demand is perfectly elastic, corresponding to absolute luxuries, reasonably defined.

These four overlapping intensities of demand exist within each of the rubrics of the standard of living. They vary from class to class, from region to region, and from time to time. The trend of modern develop-

ment is to obliterate differences of time and space and to harmonize differences in classes. The relative luxury of a limited class in a particular region twenty years ago has become the relative necessity of all classes everywhere today.

According to banking statistics, the savings of the country are more than double those of before the war. The import of the statement, however, is not clear. Perhaps home economists can tell bankers whether these savings are for investment or for future spending. Will the family savings of $1000 be paid out for a bond or for an automobile? To what extent will these savings find expression in power-driven, labor-saving household machinery or in radios?

Leaving the subject of the gross division of the family income, let us consider the food fraction of the standard of living.

A. The diet in the earlier cost-of-living studies of the United States Bureau of Labor was based primarily on a cost-of-living survey completed in 1901. This has been revised according to a cost-of-living survey made in 1918–19, the number of foods increased and the weighting modified. The earlier period may be termed obsolete, since it represented a period of relatively low prices of agricultural products; the time of the last survey may be termed abnormal, because it represented a period of transition from war to peace. Wide modification of the family diet has been feasible since 1920. The degree of actual occurrence of change in the diet remains, however, conjectural, pending specific investigations. Such investigations of the food supply ought to deal with three phases: (a) the nutritional relations of foods; (b) the service relations of foods; and (c) the price relations of foods.

I. Foods must first be divided into primary and secondary foodstuffs. Statistically, it is not clear how national consumption is divided between the two. How little we know about foodstuffs is illustrated by the fact that the 1923 census of baking industries has yielded figures for household baking vs. shop baking widely at variance with the views of millers and bakers. Our habits are changing. Apparently, we witness an increase in the consumption of poultry, eggs, and milk, a relatively unchanged consumption of pork, and a reduction in the consumption of beef and fish. During the past five years milk production has remained relatively remunerative, while beef production has been unremunerative. This corresponds with the increase in consumption of milk and decrease in consumption of beef. Viewed nutritionally, the consumers have been the gainers in the shift from beef to milk. It is gradually becoming recognized that the dairy cow is the center of diver-

sified agriculture, and in this fact lies the greatest future safeguard of the nutrition of the oncoming generation.

Our use of primary foodstuffs is more diversified, especially in fruits and vegetables, but the total use in terms of calories is undefined.

II. Foodstuffs should be divided into two groups that may be termed sustenance or maintenance foods and fuel foods. In the first are obtained the indispensable components of the diet; under the second are classed the articles that mainly contribute calories for the support of body temperature and physical work. Naturally, these groups overlap. Nevertheless, it is possible to make a rough segregation that is practicable from the standpoint of the human diet, as well as from the standpoint of agriculture. The indispensable components can be secured in 1000 calories per day per person, consisting of a quart of milk and 400 calories in fresh fruits and vegetables. The remainder of the diet, roughly 2600 calories per person per day, contains the cereals, meats, fats, and staple vegetables. The developments in marketing and transportation have made it possible for the entire population, price permitting, to classify its diet on this basis. It would be advantageous for producers as well as for consumers to determine for different classes and in different regions, how the diet stands in this regard. Studies of diets in different climates might yield information on the influence of sunlight upon indispensable foods and nutritional processes.

III. Finally, foods may be divided into the natural commodity groups: cereals, meats, dairy products, vegetal oils and nuts, fruits, vegetables, and sugars. These are to be segregated (a) to correspond to their positions in the two main groups previously discussed, and (b) on the basis of price. Budget studies could determine to what extent, in different classes in different regions, the meat requirements are covered by beef, pork, lamb, or poultry; to what extent variations exist in the consumption of milk; and the proportions of the several fruits and vegetables in the diet. Some of these trends of consumption are independent, others are interdependent. A purchase of beef excludes a purchase of mutton; but a purchase of fruit includes a purchase of sugar. There is competition between the consumptions of cereals and meats, to some extent also between the consumptions of fruits and vegetables. The production of fruits and vegetables is being rapidly expanded, as evidenced by the progressive annual increase in carload shipments. Just where, how, and by whom these increments are being consumed is known only in a general way. The consumption of fruits and vegetables, in different classes in different regions, and the replacement of the products of the

home garden, represent points of nutritional interest to the physiologist and of economic interest to the agriculturist. Fruits and vegetables used to be canned at times of seasonal glut; now, longer seasons of marketing, cold storage, and effective transportation have smoothed down the peaks of production, increased the range of fresh consumption, and reduced the range of home canning. The choice of foods is not the same with foods prepared in the home, purchased ready to eat, or ordered in public eating places. The diet of a home with a kitchen is different from the diet of a home with a kitchenette. The notable improvements in commercial canning of fruits and vegetables have not been duplicated with meats, except for fish. The meat packer does not possess the advantage enjoyed by the fruit packer in disposing of the peak of production.

B. The subject of consumers' behavior in the choice of foodstuffs stands in urgent need of careful investigation. Under "consumers' behavior" are understood the motives behind, and the reasons for, consumers' valuations of foodstuffs that are expressed in purchase of the different articles of the diet. Probably consumers' motives can all be placed in one or other of six classes: (a) hunger; (b) appetite; (c) health; (d) custom; (e) taste; and (f) price. Hunger and appetite are different things, physiologically and psychologically. A person may have hunger and no appetite; or conversely, appetite and no hunger. In estimating "taste" it is necessary to appreciate that the externalities of service are quite as important as the gustatory and olfactory sensations. The influence of custom may be glaringly obvious at one point and hiddenly subtle at another; the diet of few families is free from custon. The influence of price is often hidden and is more or less distorted by the ignorance of consumers. A great many families buy what they believe to be the cheapest foods, qualities and components considered; but few families are really in position to purchase the cheapest foods. In order that the influence of price may be effectively employed, it is necessary for the consumer to realize the differences between maintenance foodstuffs and fuel foodstuffs. To an amazing extent, real price relations are obscured or nullified by fads.

One essential purpose of the study of consumers' behavior is to determine to what extent consumers' motives are in harmony with physiological knowledge. There is a wide choice in consumers' valuations permissible within the domain of physiological criteria; but the continued display of consumers' valuations in opposition to physiological criteria represent deterrent influences in nutrition that ought to be

controverted as a part of the movement of health education. But to be controverted, we must have better knowledge of the directions and extent of the unphysiological consumers' valuations.

The possession of the automobile and the telephone, the newer type of construction of dwellings, and the introduction of power-driven conveniences and labor-saving machinery have laid the foundation for notable changes in the dietary. These changes include the foods selected, the methods of preparation, and the arrangement of meal-times. Different foodstuffs lend themselves in different measures to labor-saving devices and other facilities, and thus the use of some foodstuffs is favored and of others discouraged. These facilities may be utilized in the direction of physiological improvement of the diet; they may also be utilized merely in the direction of ease. Modern conveniences, taken in conjunction with the improved quality of packed foodstuffs and the equally improved sanitation and distribution of perishable foodstuffs, represent a substantial alleviation in the labors and responsibilities of the housewife. Improvements in cold storage make larger purchase by household possible; but, on the other hand, the modern type of urban house construction makes hand-to-mouth provisioning advantageous. Also, the selection of the food supplies may be influenced by character of fuel, type of house, and number of women and children in the family.

The developments in labor-saving machinery for the home have taken three natural directions: to facilitate house-cleaning, such as vacuum cleaners and laundry machines; to facilitate the preparation of food, such as fireless cookers, pressure cookers, and bread-mixers; and to ease the labor of cleaning up, such as dish-washing machines. If family income does not permit of the purchase of labor-saving machinery in all directions, the choice of the housewife may be expected to be different in different income classes, in different regions, between city and country, and in different climates. The home of the future is certain to be electrically driven, in the country as well as in the city; a survey of the progress of mechanization of housework would yield important results for industry as well as for the student of home economics.

C. Lastly, it is important to study the influence of advertising on consumers' valuations and on consumers' behavior. Every objective reader of food advertisements must agree that there is some misleading advertising, also a certain amount of ignorant advertising. There is also special pleading. On the other hand, many advertisements give evidence of the study of the physiology of nutrition and of the habits of living, and are characterized by ingenuity in argument and pleasing

dress-up of copy. It is one question to undertake an appraisal of the degree to which advertisements influence the educated consumer-class. It is another question to attempt to evaluate the effectiveness of food advertisements in the present state of knowledge of the average consumer. It is important to determine the cumulative influence on consumers' behavior of the food advertisements that are present in dailies, weeklies, and monthlies, representing a large outlay of money that must be paid for either by the producer or the consumer or covered by efficiencies in merchandising that result from the advertisement.

It may be taken for granted that all drives for increased consumption of all foodstuffs will prove nugatory. A drive for increased consumption of one foodstuff may easily succeed at the expense of another foodstuff. Whenever the proponents of one foodstuff feel themselves forced to appeal for a fourth meal, the extremity of their situation is obvious. Drives have been greatly overdone. Advertisement may arouse curiosity to try a new food, but quality alone can sustain the demand. Advertisement of staples is hard, of specialities easy. Advertising can stimulate and enlarge demand for a foostuff. For the most part, however, apart from specialities, this will probably be found to be enlarged demand for a trade-mark brand, preparation, or variety. Advertisement can create and maintain a trade preference for the product of a certain region. A certain amount of advertisement seems necessary to hold an established trade. The advertising of economy has apparently a narrow and erratic scope. Advertising of convenience and labor-saving has clearly a wide scope. Advertising of quality and uniformity is probably the best long-view food advertisement, especially for a standard food. If a family tried to put into effect on the table the succession of food advertisements that make their appeal to the housewife, the bill-of-fare would be wonderful indeed. The fault of most food advertisements is that they overlook the point of saturation, neglecting the basic fact that food purchases are limited by satiation, while most other purchases are limited by income. An advertising expert of unusual competency with particular experience in the marketing of foodstuffs writes me as follows: "If all foods were simultaneously advertised I agree that the results would be nil; but I do think the rewards go to the more aggressive merchandisers." Accepting this as the judgment of an expert, efforts might well be directed toward an appraisal of those qualities in the advertising of the more aggressive merchandisers that result in increased consumption of the particular foodstuffs.

In so-called health advertisements of foods are committed the worst

faults of advertisements. Health advertisements of foods are only one step removed from advertisements of patent medicines. The housewife is seriously concerned with the health of the growing child, and food advertisements purporting to furnish guidance for the mother have certainly some effect, by no means always good. So far as adults are concerned, the writer is convinced that health food advertisements, beyond the subjects of obesity and constipation, are largely wasted copy. No one has undertaken comprehensive surveys on the scope and character of advertisements of foods and their effects on consumers' valuations. To such a survey a country-wide organization of home economists is particularly adapted.

Broadly considered, it is the function of the producer to serve the consumer. On the other hand, the diet of a people ought to be adapted to the excellencies of its agriculture. The consumer class demands the best diet for the least money. The producer class demands the largest return for the agricultural effort. In the co-adaptation of these two positions is the efficiency of the food supply to be secured. But agriculturists cannot expect to have the consumer class submit to over-expansion in order to relieve over-extension in agriculture.

VARIATION IN CALCIUM CONTENT OF COMMON FOODS

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During the progress of metabolic work with undernourished children in which the calcium content of the foods used was determined, some interesting figures have come to light. It has been quite often the case that investigators simply take the figures reported for ash content of foods without making individual determinations. Our work has shown, however, that there may be quite a variation in the calcium content of foods from time to time.

Eight food articles were studied—bread, cereal (farina), carrots, orange, potato, milk, egg, and meat. The materials were taken from the regular hospital supply. Part of the bread was made with water and

[1] This work is part of an investigation of the metabolism of undernourished children, supported by a fund contributed jointly by the Elizabeth McCormick Memorial Foundation, Mrs. Francis Nielson, and the late Mrs. Gusta Morris Rothschild.

part with milk. The potatoes and carrots were cooked, the rest of the foods were raw. The meat was scraped beef, with the exception of one lot, analyzed on January 27, which was ground beef. Thirteen duplicate and some triplicate determinations were made on each food, the work being spread over a period of about a year. The amount of foods used depended upon the nature of the food; in most cases twenty-five to thirty grams were taken; a sample was analyzed from each new box of farina. The McCrudden (1) method for the determination of calcium was employed, and the figures were computed as calcium oxide. The precipitated calcium oxalate was titrated with potassium permanganate. The average results of the determinations are recorded in table 1, together with figures from other authors referred to beyond. Percentage variations are given in table 2.

TABLE 1

Calcium content of foods expressed in milligrams of CaO per 100 grams of material

AUTHOR AND DATE	CEREAL (FARINA)	BREAD		POTATO	CARROT	ORANGE	MILK	MEAT	EGG
		Made with water	Made with milk						
Frank and Wang:									
March 5	40.7	37.7		15.1	77.4	32.4	167.0	27.3	83.3
April 8		41.9		18.2	63.4	28.7	155.9	27.9	75.1
May 13		38.3			77.0	38.6	157.6	14.7	74.0
May 20	37.6	39.0		14.6	61.0	38.9	164.9		75.1
July 15	29.8		61.0 * 61.5	15.1	67.0	24.8	155.8	19.0	80.0
July 29	39.4		56.6	15.0	52.0	31.8	149.8	17.6	77.9
August 19	30.0	44.5		15.1	67.2	31.8	149.2	18.0	67.6
September 9	23.5	39.6		16.8	65.3	18.3	147.2 * 152.2	11.9	79.7
October 14		36.2		11.7	74.6	28.5	158.0	21.3	72.0
November 4		41.4	61.2	13.2	77.2	30.1	163.8	13.7	75.7
December 3	25.0	45.9		17.7	74.6	42.0	159.3	11.9	83.3
December 16				16.8	65.1	28.6	163.0	16.1	77.5
January 27	24.1		54.6	11.3	66.0	25.4	154.7	13.7	75.3
Average	31.3	40.5	59.0	15.0	68.3	28.3	157.0	17.7	76.6
Sherman	29.4	37.8		19.6	78.4	40.6	167.9	13.0	93.8
Underhill	—	32.0		5.0		56.0	179.0 199.0	7.0	73.0
Rose		45.0			62.0		162.0	25.0 13.0 6.0	

* Two separate lots were analyzed.

TABLE 2

Percentage variations in the calcium content of foods

	CEREAL	MILK BREAD	WATER BREAD	POTATO	CARROT	ORANGE	MILK	MEAT	EGG
Deviations from average.	18	5	6	11	9	18	3	23	4
Maximum variation.....	40	11	21	33	32	57	12	58	18

In no case do the calcium values appear constant from date to date. The maximum variation in the different samples of each food ranges from 12 to 58 per cent. Milk shows the least variation and meat the greatest. This may be due to the fact that milk is a more homogeneous food than meat, which may vary greatly in fat and water content and in connective tissue. Moreover, the fact that the milk sold in most cities has been tested for fat content leaves less likelihood of variation in the other constituents as well. The deviations from the average figures obtained are low enough in the case of milk and egg to make it safe to use average figures for these foods. The same may be done for bread provided distinction is made between that made with milk and that made with water; the calcium content of milk bread averaged nearly half again as high at that of water bread.

Although we might expect such foods as carrots, potatoes, and oranges to show a seasonal variation, it was found that, in so far as these factors could be checked, this was not at all consistent. In the case of orangess of course, it may be that some came from Florida and some from Cali, fornia, and while the figures may seem inconsistent, they would not b- so if the origin of the fruit were known. The variation in calcium contene of different boxes of cereal is unexpected and difficult to account for; it may be due to the use of spring and winter wheat or of different grades of wheat in the manufacture of the different specimens.

Very few figures can be found in the literature on the calcium content of foods. Most investigators seem to have relied upon the figures reported in Bulletin 107 of the Office of Experiment Stations, Department of Agriculture (2), or from Sherman's handbook (3), which are largely taken from this source. Compared with the figures which Sherman lists, most of the foods here analyzed contained less calcium than was to be expected. The average for cereal is very close to Sherman's figures, but the cereal varies greatly from box to box. Average values for bread and meat are higher than Sherman's, except in the case of ground beef, which compared very favorably. Since the other samples of meat were scraped beef from which connective tissue had been removed, a higher calcium con-

tent might very well be expected. Low results might be due to a grade of beef containing more water, or more fat, or both. The bread may in some cases have been made with part milk and part water. Underhill, Honeij, and Bogert (4) in their studies of calcium metabolism in disease reported figures for bread, baked potato, egg, chopped beef, milk, and orange. In the case of orange their figures are quite high as compared with Sherman's or with our own; those for egg show a calcium content comparable with ours but lower than Sherman's; while the rest of the foods reported show much lower calcium. Rose (5) reports calcium in bread comparable with ours and figures for beef which vary more from time to time than any others found. Her values for milk are just between those of Sherman and our values, and those for carrots are somewhat low. This discrepancy among the four sets of figures serves to strengthen our contention that in dealing with calcium metabolism, the calcium content of the foods actually fed should be determined.

Summary. The calcium content of eight foods used in metabolic research is reported. The determinations covered a period of a year, thus allowing for seasonal variations in foods. Considerable variation was shown in the calcium content of foods, that of meat being greatest and milk least. Figures obtained by other investigators show similar variations. Studies on calcium metabolism should be accompanied by determinations of calcium content of the foods used instead of relying upon figures reported for other specimens.

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THE ECONOMIC PROBLEMS OF THE HOME

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Both economics as it has been generally conceived and economics of the home deal with the same material but from different viewpoints. Economic problems were first studied systematically from the standpoint of the nation, more recently from the standpoint of the capitalistic producer. We are only beginning to study them from the standpoint of the home, but this beginning is of great importance, for is not the family the most important social unit?

The home functions in connection with all three of the accepted divisions of economics, productions, distribution, and consumption. Perhaps the starting point for the study of economics from the point of view of the home would be distribution. Without an adequate income, the family cannot be efficient, however expert the housewife may be as home producer and as director of consumption. The problem of adequate income involves large social questions, questions of justice in the distribution of the national income, of adequate education, of vocational training, of health. None of the problems can be handled by the single family, but their solution depends upon the interest and understanding of many families actively coöperating and insisting upon the proper operation of government.

The family income is increased through production in the home, chiefly as a result of the activities of the housewife. When the members of the family make a garment, prepare food, repair and improve the house, carry on the routine of housekeeping, they are producing economic satisfactions, economic goods, adding to the real income of the family and of the nation just as truly as though the work were performed in a factory. Of course a hundred years ago much more was produced in the home. The American family, outside of the larger cities, was almost self-sufficing. It was the industrial revolution which so completely altered this situation. In this connection to-day we are facing two main questions: first, would it be wise to take still more of the work out of the home, and, if so, how should it be carried on in order to insure the best quality at the lowest possible price; and, secondly, how can the family pay for having these services performed even if they are performed more economically than they could be in the home? The housewife in buying, rather than herself making these articles or performing these services

ceases, to that extent, to add by her labor to the real income of the family. If more work is taken out of the home from time to time, either the income earned by the father and the older children will have to increase, or the housewife will have to turn her labor to use outside the home, for it does not seem likely that, by devoting her new leisure to management, she could spend the old family income so much more efficiently as to make up for the loss of her work as home producer. From the point of view of social welfare, it might be advantageous in the long run for society to pay something in the form of a family bonus to enable mothers to have this leisure to devote to training themselves, to managing the family income, to developing the children, and to studying the relations of their families to the whole community.

Such considerations raise the broader question of the economic cost of maintaining separate household units. Is the present household unit too small for the economical use of machinery, for large scale buying? Would we not be better off with central kitchens, central dining rooms, central nurseries, to name but a few of such possibilities, run perhaps on a coöperative basis, perhaps as private profit-making enterprises? Here, as in many other problems connected with the home, direct economic cost is not a sufficient criterion of desirability. May it not be that there are social and individual gains arising from life in separate family units, gains which more than offset any extra economic cost? At least this should be kept in mind that we may avoid the too extensive use of dollars and cents in measuring family welfare.

The problem of the wage earner arises in home production as well as in factory production. For many reasons this phase of the labor problem has been little studied. The industrial revolution hardly touched the general methods of work of the domestic. She works in a small scale industry; her product is largely of a transient nature; much of her time goes in the creation of services rather than of commodities; her products are not sold on the open market. She is an isolated laborer; she had never joined with her fellows, never organized to improve her position. No special training has been demanded of her; she has been considered as a permanently unskilled worker. There has been no outlook toward promotion for her. The domestic worker in this country has been generally excluded from industrial legislation, such as workmen's compensation laws. No attempt has been made by minimum wage commissions to study her situation, though they have done something to improve the conditions of the workers in hotels and restaurants.

We need careful investigation into the conditions of work and the wages

of domestic workers. In 1920, over two million women in the United States were engaged in domestic and personal service, and, of these, one million were in private employment. The tendency, shown by a comparison of the earlier census figures with those of 1920, for domestic workers to leave private employment for public housekeeping, or for work of a quite different nature, may result in time in a drastic reorganization of our ways of living, and in the impossibility of continuing, at least in the middle classes, the individual family home as a unit.

These problems of production will have to be faced by the American family, but at present and for the individual housewife, the problem of consumption is more important. As science, household engineering, municipal services, and factory production have released the housewife from routine labor, she has had more leisure to devote to problems of management of the family income. This, of course, is truer in the higher than in the lower income classes. She does less and less sewing, for example, but has to meet the necessity of deciding what ready-made garment best suits her purpose, how it will wear, what is a fair price. And she must make her choice from a multitude of offerings. This decision calls for more diversified knowledge than did the general sewing and involves the necessity of her being intelligently interested in industrial conditions, tariffs, taxation, marketing methods, and other economic phenomena.

It is here that the housewife must look for help from the economist. Up to date, economic investigations have not been made with her problems in mind. She had neither the time nor the training to make her own investigations. We need studies on prices, on their relation to working conditions, on the costs of different systems of marketing, on the tariff as is influences both the income of the home and the outlays, on the taxation systems of the federal government and of the local units as they affect prices, change the direction of consumption. The consumer is not always a passive agent. We have suggestions to the effect that the buying habits of the people are responsible to some extent for business cycles and seasonal fluctuations. The study of this relationship and the showing of definite correlation might result in changes in habits of buying which would be of advantage to the whole community.

Rent is an item which takes a heavy toll on the ordinary income. The consumer is interested in any ideas for improving the housing situation, in the use of less expensive materials, in plans for dwellings that will be inexpensive to build and conducive to ease in housekeeping operations, in zoning of cities and of whole regions, in coöperative housing schemes and

in legislation directed toward the regulation of rents or toward helping people to own their homes.

As we have seen, a large part of the efforts of the housewife is directed toward wise buying. She is, through her buying, the potential director of production, though she is far from realizing this fact. She needs more knowledge of marketing. Most of the work being so well done in this field is from the point of view of the producer and is based, usually unconsciously, on the assumption of profit, rather than social service as the goal of an efficient marketing system. Likewise the costs and advantages of advertising and of aggressive selling campaigns on the part of manufacturer, wholesaler, and retailer need study. Does the family, in buying highly advertised goods, pay too much for such advertising and salesmanship? A more rational mode of dress, less rapid style changes in dress and in other commodities would, no doubt, mean an economic gain and, in many cases, greater happiness. The Associated Industries of Massachusetts have started a campaign to decrease the number of kinds or types of the various articles sold by them. They point out that there would be a decrease in cost for them and also for the consumer, were many articles of each of a few varieties made, rather than a few articles in each of many varieties.

The housewife's task as director of family consumption is an intricate one. The first step she must take is the apportionment of the family income among the several budget items and among the specific needs of the individuals in her family. She has for her guidance the budgeting principles as to the expenditure of income for rent, food, clothing, and other items well recognized in all budgets. But these principles can only be general guides. She must decide under the special circumstances whether or not, for instance, savings should be reduced in order that more may be spent on education, on recreation, on the health of one particular member of her group. All her decisions have an economic element, but social and ethical considerations are prominent.

The code of consumption of the family in connection with its income determines the standard of living. The standard of living greatly affects the health of the individual, his efficiency, the wage he is willing to accept. This influences not only the individual in the family but society as a whole. If the individual has a greater desire for material commodities he may work longer and harder in order to get them than he would if he preferred leisure. Again, the way in which he uses his leisure determines to a great extent what commodities he will demand and hence where a certain number of workers shall spend their days and what they shall make.

A nation whose people adopt a rational standard, that is, a standard which is well balanced between the different needs, in which conventional necessities are analyzed and the costly and useless are eliminated, one which develops in the worker the maximum efficiency for a minimum expenditure, which permits some saving, which gives time for leisure and which leads to the use of leisure in ways to develop the individual physically and mentally, that nation will be the most prosperous and the best prepared to face any emergency or any competition.

By and large then, the economic problems of the home are the same as economic problems in general, looked at from the point of view of the welfare of the home and of the part which the home might play in their solution. But specifically, there are certain economic problems which are more strictly and particularly those of the home, though, of course, they too, necessarily have broader social connections.

Perhaps the first on which we should have more light is the actual economic contribution of the housewife to the national income. Nothing would more impress the ordinary individual with the value and dignity of housework than the statement in clear figures of its money worth per year.

What does it cost to rear a child? An answer to this question would help in the solution of many problems. The middle class, the mainstay of democratic institutions, is contributing less than its share to the future generation. The economic cost of rearing a child is so great in proportion to the income that, if the accepted class standard of living is to be maintained, not more than one or two children can usually be afforded. Does this mean that we have false standards? Or that we must introduce such changes in the distribution of wealth as will increase the incomes in this class or develop some methods of government aid, scholarships for example, in order to maintain this class, which history would teach us, is necessary if we are to continue to develop our democracy?

The family is vitally concerned with the problems centering around the work of married women outside the home. Each census records a greater number of such women in industry and in the professions. What is the economic cost to the family when the mother works away from home? Is there a net gain or a net loss, both in dollars and cents and in social welfare? In the case of the professional woman who pays someone to replace her in the home, it is possible to figure with a fair degree of accuracy the economic cost of her working outside the home. In the case of the woman in industry who carries all the burdens of the household work

as well as those of her outside job, the cost has to be estimated in terms of loss of health, neglect of children, and similar intangible factors, a task of much greater difficulty.

Might it be possible to solve part of this problem by developing a system of part-time work in factories, restaurants, and department stores, to cite but a few possibilities? Could we plan a system of four-hour shifts which would enable a woman to earn something outside of the home and yet have some time to care for her family and her household? With a system of training, such part-time workers might help solve the domestic worker problem. Many families need or can afford only part-time assistance in the home. Why could not these two groups be brought together in a mutually helpful relationship?

Here then is an array of problems, all of them economic, all of them pertaining directly to the home. Which are the most important? Which should be approached first? The answer is one which must be left to each group, if not to each family, as far as importance for them is concerned. As to the solution of these problems, it is the economist to whom we must turn. It is a question of his own law of demand and supply. If homemakers persistently enough ask the trained economist what they shall do about these problems if they ask that their children in the colleges should have work which may throw some light upon these problems, if, in other words, the demand for help in meeting these questions is great enough, it will be given.

As for the individual housewife, it is the problem of what to buy and at what price, which she should face first. Once the homemaker realizes that she, as the ultimate buyer, has the final decision as to what may be made and the general conditions under which it may be made, we shall be on the road to another industrial revolution, one which will have as its goal, not vast production for profit but production under conditions most favorable to all the parties concerned, the capitalist, the worker, and the consumer. The most significant economic rôle of the home lies in this at present unused or undirected power to control production, to insist upon articles of beauty and of serviceability, made in the most economical way, under the best labor conditions possible, given the general circumstances. Measures introduced with the purpose of reforming the evils which arose from the industrial evolution have been too largely of a political nature. The industrial revolution was a social and economic movement and the evils attached to it can best be reformed by social and economic means, especially by a change in our traditional habits of buying and by the development of a social theory of consumption.

The family is the basic unit in society. Not only is it the institution which guarantees the perpetuation of the race, but it is through the family that the generations are linked together. It is the carrier of our social tradition. It is in the family that the child is best cared for physically and mentally. It is there that he is socialized, that he received the first and most lasting impression of his social heritage and of his social obligations. Any problem which affects family welfare, be it economic, social, or moral, affects the whole of society, and society should use its best efforts to find suitable solutions for such problems.

EDITORIAL

Home Economics at the National Education Association. At the two round tables devoted to home economics at the Indianapolis meeting, our subject made a decidedly successful reappearance on the program of the National Education Association. At the first session there were well over a hundred persons present, and at the second at least fifty more. The choice of Miss Whitcomb and Miss Hess as presiding officers was a happy one.

The speeches, formal and informal, combined to give the impression that the critical study to which home economics courses are now being subjected was thorough-going and fruitful. Significant of the present character of such study is the research work in household arts education at Teachers College, Columbia University, represented on the Indianapolis program by Miss Annie Robertson. The new Denver curriculum, discussed by Mrs. Kinyon (see March JOURNAL, page 148), is a conspicuous example of how a well-planned survey of local conditions can be used to strengthen school work in home economics by adapting it to the actual needs of the pupils. Another indication of progress is the improvement in equipment pointed out by Miss Frances Kelley of Minneapolis. It was gratifying to have so prominent a figure in the school world as Mr. Francis G. Blair, superintendent of public instruction in Illinois, testify emphatically to the importance of home economics in the present curriculum.

Perhaps even more significant than the longer speeches was the general discussion, which, despite freedom and informality, kept to the point as can only happen when there is genuine interest in the subject. How widespread the interest was appeared from the fact that a considerable proportion of the audience was made up of men and women not actively concerned with home economics teaching.

Home Economics Research and Purnell Funds. Home economists have every reason to be pleased with the plans thus far adopted for research under the funds provided through the passage of the Purnell Bill (see May JOURNAL, page 281). Of six national projects approved by the central committee on the correlation of subjects, two fall distinctly within the home economics field, vitamin studies in relation to human

nutrition, and rural home management studies; and the special committees in charge are headed by leading home economists, Dr. Louise Stanley, chief of the Bureau of Home Economics, U. S. Department of Agriculture, and Miss Anna E. Richardson, dean of the home economics division, Iowa State College. Both committees met in Washington in June to formulate their respective projects.

Dr. Stanley's committee, after reviewing the status of work on vitamins, decided that while further investigation was desirable on the determination and isolation of these and other food accessories and on their physiological effects, these divisions of the subject did not lend themselves to cooperative research as well as did other equally important ones. For the present it has recommended for cooperative study through the agricultural experiment stations the vitamin content of foods as affected by methods of production and of handling. These two phases are of interest alike to those concerned with the production and marketing of food materials and to those concerned with food selection and preparation and with family expenditures.

Three projects formulated by Miss Richardson's committee on rural home management studies were approved by the central committee on correlation, and are now being distributed to experiment stations in the hope of stimulating research in home economics.

The total appropriation for research in the fiscal year 1925–26 is about a million dollars. Of this at least one-fourth is available for projects dealing with home economics. When this annually increasing sum reaches its maximum it will total three million dollars and home economics could be using a third of this, or a round million. Few of us have realized the greatness of our opportunity. It is up to us to make good.

Miss Nutting's Retirement. The name of Mary Adelaide Nutting stands among the highest in the nursing profession, and it is small wonder that nursing and hospital journals are marking her retirement from active work with tributes of appreciation. The JOURNAL OF HOME ECONOMICS may quite appropriately allow itself the pleasure of doing likewise for since the days of the Lake Placid Conferences, she has been a familiar figure in our institution management group, her name is found in the list of original members of the American Home Economics Association, several articles by her have appeared in the JOURNAL, and her philosophic mind has contributed much to the broader vision of our subject.

When the Johns Hopkins School of Nursing opened in 1889, Miss

Nutting came from her home in Canada to enroll in the first class. Her combination of unusual intelligence, dignity, and charm inevitably destined her for responsible leadership, and it was natural that after her graduation she should remain at the Johns Hopkins School, first as head nurse, then as assistant superintendent of nurses, and, in 1894, as superintendent of nurses and principal, a position she held for thirteen years. Under her direction the school fully maintained its original eminence and its advances and reforms had great influence on other schools and on the development of the nursing profession. She was largely responsible for its unique collection of books on nursing and hospitals, and it was in connection with this that she collaborated with her predecessor, Miss Dock, in compiling "The History of Nursing."

In 1907 she went to Teachers College, Columbia University, to develop its work in training teachers for the nursing profession, the post she now resigns after over thirty years of administrative work. There, even more than in the hospital, appeared her unusual qualities as a teacher, and her leadership has continued to exert a powerful influence on her chosen profession and its neighboring fields of social work and institution management. Miss Lillian D. Wald, of the Nurses Settlement, who in the pioneer days of that venture found in her an eager supporter, says: "I do not think that Adelaide Nutting, intellectual and teacher that she is, has ever believed that education, through university, lecture, literature, or organization, is of consequence to the nurse, except as a guide to the development of her relationship to the patient, to the institution, to the pupil, and to the community. . . . . The trend of the entire nursing profession has been vitally influenced by the vigor and clarity of her modern mind and her respect for sound traditions of tender service in the profession of nursing."

Home economists will be especially interested to recall that it was she who conceived the idea of training executives for large group households, including hospital dietitians, and that she organized the division of institution management at Teachers College, herself acting as its head during the formative years.

In considering Miss Nutting's connection with home economics, her friends will all remember her sense of the importance of homemaking and her feeling that a presentation of the history of home life, of the part women in the home have played in social development, is needed to round out our philosophy of human progress. Nor can one help wishing that part of her leisure might now be used, if not in making such a presentation, at least in impressing upon others its dignity and significance.

We all join in wishing her full enjoyment of her well-earned leisure, and are glad that her advice and encouragement will still be available in the interests which she had so much at heart.

Dean Talbot and Home Economics at the University of Chicago. That Dean Talbot's work has meant more to home economics than her position as dean of women or as professor of sanitary science and sociology would indicate, is most happily set forth by Mrs. Norton (see page 480), than whom none is better qualified to speak especially regarding the earlier part of her thirty-three year service at the University of Chicago. The fact that the home economics courses have for the last twenty years or more been under School of Education did not entirely remove her influence from their development and certainly it did not lessen her belief in the social significance of home economics. To those who, like her, have watched its development from schools courses in cookery and serving, it must be a gratification to know that its place in the university curriculum no longer suggests that it is primarily preparatory work for school teachers, but that its transfer from the School of Education to a new department of home economics and household administration in the College of Arts, is recognition of the fact that "many students in a modern university are demanding preparation for the administration of a home on a high scientific level and with a breadth of view commensurate with the opportunity open to women today."

How far we have travelled in thirty years is shown by the official definition of the underlying aims and purposes of the new department:

To stir the minds of women to the breadth of opportunity open to them as individuals, as home-builders, and as members of society.

To make their household activities an intellectual and well-ordered process.

To free them from unintelligent, health-consuming drudgery and to release their energies for the fuller responsibilities of group living within the home and the community. . . . . The courses in home economics, especially those in the undergraduate college, are accordingly planned for:

1. Students whose interest, either immediate or remote, is the administration of a home.

These students wish insight into the social and economic position of modern homes and the breadth of opportunity open to women home-builders. They will find in the systematized courses, with their background of the social and natural sciences, a body of material directed toward putting their homemaking on a high plane.

2. Students who, because of the cultural value of the subject, wish to include

at least a few courses in home economics as part of their general university education.

3. Students who plan to enter one of the numerous home-economics professions.

Pictures in the Home. The pictures on the walls of the house in which we are brought up are for most of us one of the most important elements in the development of our sense of formal beauty and our appreciation of the pictorial arts. Also they are one of the surest indications of the taste and interests of their owners. It behooves us, therefore, to choose these apparently innocent articles with care, unless we wish to weaken our esthetic judgments and enjoyments or to come under the disapproval of our more critical neighbors. Fortunately, the opportunities are increasing for cultivating one's taste by seeing reproductions of what is generally recognized as the best of such art, ancient, modern, and contemporary, and also the possibilities of obtaining them at a reasonable price. The carefully selected travelling collections of inexpensive prints sent out by the American Federation of Arts are a case in point, and so are the collections frequently displayed in up-to-date museums and also by art dealers. The American Art Bureau, an organization of publishers of fine prints with headquarters at 166 West Jackson Boulevard, Chicago, has for four years encouraged the celebration of a National Picture Week and has set October 19 to 22 as the dates for 1925. It suggests that that time "be made the occasion in every home of placing on its walls one more good picture; or replacing a poor picture of no decorative or artistic value; or of presenting an appropriate picture to the school; or of starting one's own private collection of pictures." To aid the good work, it distributes literature on the subject and has a loan exhibit of mounted color prints and a set of lantern slides showing the proper way to hang pictures in the home, both of which are loaned without charge except that of transportation to study groups who apply for them. Home economics teachers who wish to arouse interest in the value of good pictures may find National Picture Week a fitting occasion to begin the study.

Clothing Study of the U. S. Bureau of Home Economics. A variety of organizations are cooperating with the Bureau in circulating the questionnaire on clothing habits described on page 388 of the July JOURNAL. The Home Economics Education Section of the American Home Economics Association has agreed to turn in the results of similar studies

that it has been carrying on, and other, more intensive studies are under way in such widely divergent communities as a packing-house district of Omaha, Nebraska, a mill town in Georgia, and an Illinois farming community.

If the present investigation proves successful, it is hoped to repeat it every five or ten years, so that trends in consumers' clothing habits can be noted and the research of the Bureau adapted to meet new conditions. The Bureau is anxious to obtain records from as many women as possible, and not only teachers, but any homemakers or professional women willing to fill in the questionnaire are urged to write for information and copies to the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C.

Virginia's Memorial to Grace Schermerhorn. The home economics clubs in the high schools of Virginia have again done a fine piece of pioneering: they have established as a memorial to Grace Schermerhorn a $5000 fund for the maintenance of a bed in the Crippled Children's Convalescent Home.

American Dietetic Association. The tentative program of the eighth annual meeting, to be held at the Edgewater Beach Hotel, Chicago, October 12 to 15, includes names of interest to home economists in general as well as to dietitians in particular. Among them are Ruth Wheeler, Katharine Blunt, Mrs. Mary De Garmo Bryan, Katharine A. Fisher, Martha Koehne, Mrs. Elizabeth Miller Koch, Abby L. Marlatt, Florence Otis, Margaret Sawyer, and Chi Che Wang. Full information may be obtained from Miss Anna E. Boller, Riverside, Illinois.

OPEN FORUM

The Effect of the Time of Beating on the Texture of Muffins Made with Different Baking Powders. Earlier studies by Evelyn Halliday at the University of Chicago[1] showed that the length of the period of beating to be recommended for cakes depends largely upon the kind of baking powder used. The study here reported was undertaken to determine if the same principle holds in the case of muffin mixtures and incidentally to learn whether the common direction in muffin recipes, "beat just enough to mix," is equally good with all baking powders.

Five types of baking powders were used: mixed cream of tartar and tartaric acid; a mono-calcium-phosphate; mono-sodium-phosphate; mixed alum-phosphate; and all-alum. The tests were made with a standard recipe for muffins, in which the proportion of egg was high and that of sugar low as such a combination readily shows up faults of texture. The ingredients were as follows:

	Muffin recipe	
Ingredients	*Measure*	*Weight in grams*
Flour	½ cup	56.5
Baking powder	¾ teaspoon	Varying with kind
Salt	¼ teaspoon	1.0
Egg (beaten 30 turns)	½	24.3
Crisco	½ tablespoon	6.25
Dried milk	¼ cup, mixed	6.8
Water		59.2

The mixture was made into 3 muffins each weighing approximately 49 grams before baking.

The usual precautions were taken to eliminate variables. All materials were weighed, dried milk was used, and all manipulations were performed by one person. The beating standard was 90 times to a minute. Oven regulators checked by thermometers controlled the baking temperatures. All work was repeated at least once to verify the results.

Six sets of muffins were made with each of the baking powders and were beaten respectively: enough to mix, 1 minute, 2 minutes, 3 minutes, 4 minutes, 5 minutes. The results are as follows:

[1] Journal of Home Economics, 1920, 12: 42.

Tartrate powder. *a.* Beaten enough to mix: good product, best of tartrate series.

b. Beaten 1 minute: smaller size; finer, closer texture than in *a.*

c. Beaten 2 minutes: smaller size than *b;* fell slightly; close, heavy texture; pale crust.

d, *e*, and *f.* Beaten 3, 4, and 5 minutes respectively; qualities noted in *b* and *c* increased markedly with each minute of beating; in *f* they reached the extreme stage.

Mono-calcium-phosphate powder. The results throughout were similar to those obtained with tartrate powder, but with the defects a trifle more marked in each case.

Mono-sodium-phosphate powder. Results almost identical with mono-calcium-phosphate powder; muffins the smallest of any obtained throughout the study, and showed most the marked ill effects from beating.

Alum-phosphate powder. *a.* Beaten enough to mix: good product, best of alum-phosphate series.

f. Beaten 5 minutes: not a bad muffin, though not so good as *a.* In general throughout this series each additional minute of beating produced slight decrease in size, and increase in closeness and compactness of texture; after 3 or more minutes beating the muffins did not brown so readily.

Alum powder. The muffins in this series showed the least ill effect from beating. Otherwise the results were almost identical with those in the alum-phosphate series.

In each series the best muffins were those beaten only to mix. This apparently confirms the common rule and indicates that it may be applied regardless of the kind of baking powder used.

As regards the comparative results with quick-acting and slow-acting powders, these tests with muffins correspond fairly well to those of Miss Halliday with cakes. Muffins made with quick-acting baking powders were inferior if beaten more than one minute and impossible with more than two minutes of beating. Those made with slow-acting baking powders were only slightly inferior in texture to the best products even when beaten as long as 5 minutes.

None of the muffins beaten for several minutes browned well in a gas oven. This tendency was more marked in the ones that fell. It may have been due to their very smooth surface and, perhaps in the latter case, to their abnormal shape.

MARTHA S. PITTMAN and HELEN DUNLAP,
Kansas State Agricultural College.

A Junior High School Course in Nutrition for Boys and Girls. The junior high school offers many opportunities for new educational ideas. Among those which concern home economics is the rapidly growing one that children in the junior high school are none too young for a course in nutrition, and that such a course may well be given to boys as well as girls. Boys, like girls, eat food three times a day, and the relation of food to health appeals to embryo football players as well as to future homemakers. There is no more important piece of work for home economics teachers than to convince educators of the value of such a course.

Perhaps it should be called food selection rather than nutrition. In any case, it should not be a laboratory course and it need include no preparation of food. It could be closely correlated with courses in general science, physiology, or hygiene. The ideal teacher would be one with irresistible personality, thorough sympathy with the idea, a broad knowledge of nutrition, and the ability of putting scientific facts into common terms.

The following outline may serve as a guide in planning such a course.

1. Introduction.
   - Opening discussion on the relation of food to health, including such results of a poorly constituted diet as anemia, stunted growth, lack of resistance to disease.
   - Indices of malnutrition.
   - Height and weight measurements made by pupils and compared with the average or normal.
   - Explanation of weight charts and health score cards if these are to be used by pupils. (Importance of follow-up work must not be overlooked.)
2. Classification of foods.
   - Sources and functions of each class.
   - Comparison between the body and its needs and an automobile.
   - Listing foods rich in carbohydrates, fat, protein, mineral, cellulose, vitamins, also combinations of these groups (e.g. carbohydrate and protein, protein and fat); arranging the foods eaten in one day according to these lists.
   - Criticizing meals according to classes of foods composing them.
3. The energy value of foods.
   - How the heat-producing value of food is measured both outside and inside the body; explanation of calorie.
   - 100-calorie portions of common foods.
   - Counting the calories in actual meals. (A list of 100-calorie portions of a variety of foods could be kept on the blackboard. Care should be used not to give the impression that energy value is the only value of foods.)
4. How much food do we need?
   - Estimating how many 100-calorie portions from foods of different classes are used in a day's meals.
   - The influence of age, weight, and height.
   - Exhibit of a day's food for a boy of a given age, height, and weight (see that some boy in the class answers to that description), and, if possible, for a girl.

Estimating the total calories in a day's meals; classifying them for protein, calcium, iron, phosphorus, vitamins a, b, and c.

Checking up one's own meals.

5. Overweight and underweight.

Weight records in relation to food eaten.

Listing foods low and high in calories and suggestions made by pupils as to the best kinds to fit their own cases.

6. The protein we need.

Listing sources of animal and vegetable proteins.

Quality of different proteins.

Amount of protein in various foods; for example 2 cupfuls of milk, 2 small eggs, and $2\frac{1}{4}$ oz. lean meat alike supply $\frac{1}{2}$ oz. protein.

Amount of protein needed for growth and for repair, expressed in definite quantities of meat, eggs, cheese, etc.

Estimating the amount of protein in the food eaten in a day by some members of the class.

The dangers of too little protein, of too much, of the wrong kinds.

Use of meat.

Comparison of milk proteins with other proteins.

Comparison of the cost of protein of milk, cheese, beans, nuts, meat. (Simple problems in arithmetic.)

7. The ash of food.

The value of minerals to our bodies and general sources of minerals with special emphasis on calcium, iron, and phosphorus.

Calcium: Foods rich in calcium; comparison of the amount of calcium in various foods with that in 1 cupful of milk; the cheapest sources of calcium; the value of calcium to our bodies. (Describe such conditions as malformation of bones, soft bones and teeth, stunted growth).

Iron: Function and sources; relation of red blood, rosy cheeks, and "pep" to iron-containing foods; comparison of the amount of iron in a yolk of egg with that in other foods.

Phosphorus: Sources in foods; effects of too little in our diet; comparison of the amount of phosphorus in $\frac{3}{4}$ ounce of cheese with that in other foods.

Judging menus for their content of calcium, iron, and phosphorus; constructing menus high and low in calcium, in iron, in phosphorus, and menus well-balanced as to these minerals.

8. Vitamins.

The fascinating story of their discovery.

Functions of each and the results of deficiencies.

Foods rich in vitamin a, vitamin b, and vitamin c.

Planning meals rich and poor in each vitamin.

Judging the vitamin content in home and school cafeteria meals.

9. Sufficient bulk.

The relation of diet to constipation.

Wise choice of foods versus the use of drugs; best foods for supplying bulk.

Amount of bulk needed in the diet.

10. Digestibility of food.

(This topic could be presented in the physiology course. The influence of food on digestion should be stressed, rather than such points as the anatomical structure of the digestive tract.)

11. The optimum diet.
    Review and summary of the constituents of an adequate diet including energy-giving foods, growth, and repair foods, regulators, and growth-stimulating and health-promoting foods.
    Judging actual meals from the standpoint of the optimum diet.
12. Good and bad food habits.
    In food selection
        Checking up individual trays in the school cafeteria to estimate the calories, the quantity and quality of protein, the calcium, iron, phosphorus, and vitamins supplied. (This should require several different days, two or more members of the class checking only one or two points at a time.)
        Checking up on home meals to show possible deficiencies and suggest improvements. (With tact this can be easily managed. Meals reported may be studied from the blackboard.)
        Award of a prize for the best lunch selected from the menu in the school cafeteria.
        Preparation by the class of a set of rules to guide others eating in the cafeteria.
        What constitutes a desirable serving of meat, potatoes, vegetables, and other food materials.
        Over-eating of one kind of food, such as meat, starch, sugar, relishes, spices, sauces.
        Keeping count of vegetables, fruit, whole grain cereals, bread, and milk eaten daily.
    In manner of eating
        Control of appetite and misjudging appetite for hunger; drinking water; eating fast; lack of mastication; notions about foods; fads in eating.
13. Meal planning.
    From the physiological and dietetic standpoint: How many vegetables should be included? How much fruit? Meat? Milk? What kinds of cereals and breads?
    From the aesthetic standpoint: Flavor, texture, temperature, color, form, variety.
    From the standpoint of cost: How to choose adequate, wholesome and attractive food at low cost; making menus at the lowest possible cost. (Boys can be interested by visiting groceries and markets to get prices.)
    Suitable meals for the class group: A series of meals planned for junior high school pupils of a certain economic and social status. (If possible, have one meal planned by the boys and one by the girls served in the school cafeteria, and the two compared, the problem being how to choose the best food for the least money.)

Jessamine Chapman Williams,
Oregon State Agricultural College.

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The Decorative Value of Pictures. Those who know the joy of furnishing a home to express beauty as well as comfort know that a picture, well selected for its proper place and harmony in a room, brings the same delight as does a bouquet of flowers, placed where it adds vividness and charm to its surroundings.

Aside from its value as a work of art, a picture in a room may have a startling effect in seeming to make the room larger, or higher, or cozier, or sunnier, or actually more comfortable. For instance, a picture showing a long stretch of sea-beach curving off into the distance not only lends size and vista to the room, but, by suggestion and color, brings coolness and peace into the room. A glowing sunset picture, with its golden reds, brings sun and warmth. A picture placed on the wall over a table or davenport or desk pleasantly varies the silhouette of furniture line around the room. Often a tall, panel-like picture adds height, or a long, horizontal picture emphasizes the feeling of cozy low ceilings.

The colors of a picture, chosen to harmonize with the tones in the draperies and furniture of a room, bring out both the shades and texture of the other furnishings.

Never before have such countless lovely pictures been ours to possess as to-day, through the excellent color reproductions now available. There is also a wide range of etchings, woodblocks, mezzotints, and other fine prints. It is part of the growing realization of the importance of excellent pictures in a home that a wide variety of these can be found in good shops of the country.

MARGERY CURREY,
American Art Bureau, Chicago.

BOOKS AND PERIODICALS

French Home Cooking. By CLAIRE DE PRATZ. Edited by DAY MONROE. New York: E. P. Dutton & Co., 1925, pp. 295. $2.50.

Of the many available cook books, only a few are outstanding. In "French Home Cooking" by Madame Claire de Pratz we have one that makes a real contribution to the field and is not merely a compilation of recipes found elsewhere. The recipes are not only decidedly unusual and interesting but most of them are simple and inexpensive enough to be prepared by the average American housewife in the average home without a maid. One reads of "Stuffed Nasturtium Flowers" (p. 6) among the hors d'oeuvres, of "Sole Marguery" (p. 56) among the collection of fish dishes, of "Cauliflower Cake" (p. 185) in the chapter on vegetables, and discovers that they are all usable and practical.

The book is edited by Day Monroe, instructor in foods and cookery, Teachers College, Columbia University, than whom no one better qualified could have been selected by the publishers because of her familiarity with the French language and customs, coupled with her knowledge of foods and food preparation. In the introduction she says, "Madame de Pratz has selected for the most part the family recipes, the characteristic dishes from all sections of the country, the warm South, the northern seacoast, the cities, and the homes of the peasants.

"Many of her recipes have been used for generations. She has copied them from small hand-written cook books handed down as precious heirlooms in French families and lent only as a great personal favor with fervent admonitions for their safe keeping.

Careful editing is evident throughout the book. It is seen in the organization of the fourteen chapters; in the clear and consistent arrangement of recipes; in the very definite directions in connection with the recipes; and in the more general introductory directions as, for example, on The Making of the Omelette (p. 38) and the Making of Salad (p. 253).

Much interest has been added to the book by the chapter introductions which give bits of history, explanations of terms, and usages in a charming manner. The following excerpts from the chapters on soups (p. 8) and on desserts (p. 266) are typical. "In the French provinces the peasantry still call the evening meal 'La Soupe' because it is made up of little else. We have taken the term 'supper' but in too many instances have left behind the dish itself. For them the soup is an event, for us an incident." "Desserts as Americans know them are quite uncommon in France, where their place is frequently taken by fruit, either fresh or in compote. Souffles and custards are served, and at formal dinners very elaborate ices and mousses. Our covered pies are unknown though there are tartlets in plenty. These tartlets are usually purchased from the pastry shop and are made by the trained pastry chef. There is a good pastry shop in even a small village. But pastries are eaten in midafternoon rather than to end the meal. The joys of chocolate layer cake and angel food are unknown."

The book does not include many of the fundamentals of cooking nor is it in any sense a "complete guide." Such is not its purpose. Rather it offers suggestions for seasonings and little known combinations that will prove helpful to even experienced cooks. "French Home Cooking" should certainly be in the library of every department and every teacher of food preparation as an aid in the acquisition of some of the art of cookery for which the French people have always been famous, and it will bring helpful suggestions to the housekeeper eager for simple, attractive variety.

DAISY A. KUGEL,
The Stout Institute, Menomonie, Wisconsin.

Home and Farm Food Preservation. New revised edition, with new material, illustrated. By WM. V. CRUESS. New York: Macmillan Co., 1925, pp. 270. $2.50.

The revision of this book has been planned "primarily for the housewife and farmer, to assist them in preserving surplus farm products for their own use. However, in many places the food products, if carefully and attractively prepared, can be sold at a good profit, in this way affordng an extra source of income." "It is hoped also that the material presented will be of value and interest to domestic science teachers and canning demonstrators.

The author's aim has been "to so present the principles and practices of preservation of food in the home that the work will appear more fascinating and less burdensome and that the results obtained will be more successful." The book is divided into three sections, the first discussing the theory of food preservation, the second the methods of food preservation, and the third the recipes for food preservation. Under the theory of food preservation, the author has discussed the causes of spoilage and ways of preventing spoilage in clear and simple language. This discussion may be more detailed than the average housewife would want, but it would be valuable in a home economics class room.

The methods of canning given do not seem to conform to those in popular use by the food specialists in the extension service of many states. The time used for processing would indicate that the author is attempting to get perfect sterilization; for instance, spinach is processed four hours in tin cans and five hours in glass jars when lemon juice or vinegar is added, and six hours in tin cans and seven hours in jars when just the salt is added. One wonders just what effect this long processing would have on the flavor and texture of the vegetable.

Besides the discussion of canning, there is a detailed discussion of marmalades, preserves, jellies, candied fruits, drying of fruits and vegetables, making of vinegar, preserving of vegetables and fruits by salting and pickling, and preservation of meat and milk products.

The recipes given seem to be well suited for the person who is interested in canning and preserving commercially. Much of the discussion and many of the recipes are especially adapted to the region of California rather than other states.

ALMA L. GARVIN,
Ohio State University.

Home Economics Education. Edited by DAVID SNEDDEN. New York: Teachers College, 1924, pp. 224. $2.00.

This book brings together a series of papers prepared by graduate students of Dr. Snedden. He himself has written the first two chapters and has compiled the remaining fifteen, but has apparently made no attempt to edit out the inconsistencies and crudities, nor to check up on the worth of the contents; and as one might expect, some are good, some mediocre, some poor.

Dr. Snedden's discussion contains suggestions for content and variety of courses in secondary schools and colleges which give food for thought, although probably no one would accept them in toto. The idea that universities might well offer short, non-technical courses in homemaking, not fenced about with prerequisites, is more or less current to-day. But his theory that the first two years of work for the prospective teacher should be of the general, academic type, to be followed by two years of home economics and professional work, is scarcely tenable. Such a theory is based upon what to many of us seem false assumptions: that girls know what they want to do when they enter college or are apt to find it out without some of the subject matter courses; that the so-called "fundamental courses" necessarily and advisedly precede applied work; that the homemaking viewpoint may be acquired in a relatively short time.

Many of the criticisms that he offers of home economics to-day are well founded, such as "failure of teacher-training institutions to prepare teachers for all phases of homemaking instead of one or two," "failure of the schools to make allowance for extra-school attainments," and "requirement of excessive amounts of chemistry in undergraduate preparation."

To the statement that the "passage of the Smith-Hughes Act forced a cleavage in home economics" so that courses now tend to be either general or intensive, cultural or vocational, many people would take exception and would question seriously whether Dr. Snedden really knew what was happening over the country as a result of that act. In the Middle West it has helped us to see that the "cooking-sewing" curricula of all too many of our schools were not training for future homemaking, for present helping at home, or for much of anything else. The "vocational" idea seems to be leavening the whole mass, in the so-called vocational courses and out.

The proposed unit courses set up by the student contributors are built on the "case group" idea. Theoretically this may be sound, but certainly the case groups described indicate that many of the authors did not know actual conditions or else ignored them. One questions the judgment of the writers or the feasibility of their proposals when one meets such assumptions as that the family income determines whether or not children go to college; that in cities of moderate size a high school group would consist of daughters of business men, professional men, and farmers; that children of foreign parentage leave school as soon as they can get working certificates; or that city classes can be limited to fifteen pupils. No more confidence is inspired by such suggestions as starting off a seventh-grade class in child care with a discussion of such topics as "How may unemployment and strikes affect children?" "Laws enacted for welfare of children" and with such references as "Labor Problems," and "Facts about Death."

When a writer includes "planning, making, and serving of meals for one day for children of different ages," with no foods work presupposed; when another advocates remaking underwear, classes foods as "proteids, vegetables, and carbohydrates," and expects girls to know what colors they should wear after reading two references and trying on some colors before the mirror, and then tell what costumes "reflect their personalities;" when still another devotes almost a page to a recipe for bread—a recipe that uses the long process and dry yeast—for a class of city girls; and when yet another advises beginning each lesson in a continuation school with a review of principles learned in the preceding lesson a week earlier; when page after page produces such a hodge-podge of impossible stuff, one begins to wonder how much of value can come from such a book.

Some of the chapters have real worth For example, that by Miss Hillier and Miss McAdam offers sensible, feasible suggestions for a series of units adapted to seventh-grade girls. While it might be unwise to try to carry out all the units suggested, selection could be made of those best suited to the situation and the work would be interesting, most helpful, and of far more worth than many of the courses now given. One gains the impression that these contributors had a real problem, a sane point of view, and knew conditions at first hand.

One is apt, however, to become so disgusted at the many glaring faults that one will fail to search for the good that is in the book. It would seem far more worth while to have put out a volume one-fourth the size, which was well written, carefully organized, and which advocated certain definite policies and offered suggestions in line with them. Unquestionably we need expert advice regarding curriculum building in home economics, but this book does not supply it.

Clara M. Brown,
University of Minnesota.

BOOKS RECEIVED

The Efficient Kitchen. Revised edition. By GEORGIE BOYNTON CHILD. New York: Robert M. McBride & Co., 1925, pp. 259. $2.00 net.

A well-known handbook first issued in 1914 and now brought up to date by frequent changes throughout the text and the addition of a new chapter discussing such general tendencies of the last ten years as smaller kitchens, the disappearance of dining rooms, the unit storage idea, and the development of electrical and heating appliances.

Domestic Handicraft. By M. HELEN MURRAY. New York and London: Sir Isaac Pitman & Sons, Ltd., 1925, pp. 96. $1.25

A handbook of practical instructions for the general maintenance of household equipment and furnishings by a member of the staff of Battersea Training College; includes topics as diverse as the repair of upholstered furniture, caning, patching linoleum, levelling the heels of shoes, and glove making; intended for use of students in training for domestic sciences colleges in Great Britain, but interesting to others; simply but clearly illustrated.

Social Organizations Working with Rural People. By WALTER A. TERPENNING. Kalamazoo, Mich.: The Extension Department, Western State Normal School, 1925, pp. 125. $1.25.

An account, by the professor of sociology at the Western State Normal School, of a study made in Hillsdale and Lapeer counties, Michigan, of rural social organizations, with special reference to their success in meeting the needs listed by the National Council of Social Agencies engaged in Rural Social Work; concludes that none of these needs are adequately met, that there is some overlapping of agencies, lack of appreciation of the organic view, and shortage of good leadership, but also a general desire to obtain better cooperation; includes a brief, interesting account of rural home life in Michigan a generation ago.

Simplified Nursing. By FLORENCE DAKIN. Philadelphia: J. B. Lippincott Co., 1925, pp. 499. $3.00.

A clear, well-arranged handbook by the inspector of schools of nursing for New Jersey; intended for hospital nurses, but suggestive for home nurses, and in its sections on the cleaning and disinfecting of equipment and clothing, for home economists.

The Constitution at a Glance. By HENRY B. HAZARD and MARGARET D. MOORE. Washington: Henry B. Hazard, Lock Box 1919, 1925. $.75 a copy, of $.70 in quantities of 100 or more.

A large chart, folded into pamphlet form, giving on one side the text of the Constitution with reference number inserted, and on the other side an arrangement by sections to show the portions which deal with the relationships of the federal and state government, the bill of rights, and the various branches of the federal government.

How to Know Textiles. By CASSIE PAINE SMALL. Boston: Ginn & Co., 1925, pp. 374. $1.56.

A volume intended primarily for high school and college classes, by a teacher experienced in retail store as well as school work; includes information regarding production, manufacture, and trade, but keeps in mind throughout the point of view of the consumer; includes clear, well-chosen illustrations, practical suggestions for teachers, glossaries of materials and terms, and an abundance of bibliographical helps.

Human Physiology. Fourth Edition. By PERCY GOLDTHWAIT STILES. Philadelphia: W. B. Saunders Co., 1925. pp. 435. $2.25.

A revision of a high school and college text book first issued in 1916, by a member of the faculty at Harvard University and author of other well-known handbooks on physiology and nutrition; has regard for the limited conceptions of physics and chemistry

possessed by the students to whom it is addressed, but suggests also the further fields opened up by "the difficult lore of the molecule, the atom, and the electron;" gives well-informed, carefully expressed statements in accord with theories now generally recognized on such subjects as nutrition, internal secretions, heredity, and conduct.

Personal Hygiene Applied. Second edition, revised. By JESSE FEIRING WILLIAMS. Philadephia: W. B. Saunders Co., 1925, pp. 414. $2.00 net.

A revision of a handbook first issued in 1922 by a teacher of personal hygiene and physical training at Teachers College, Columbia University; intended for high schools, colleges, and schools of nursing; endeavors to show the relation between health and a well-rounded life rather than merely to lay down rules of hygiene; discusses the general aspects of the subject, then the hygiene of special organs and systems of the body; clearly written and conveniently arranged.

Everyday Mouth Hygiene. Second edition. By JOSEPH HEAD. Philadelphia: W. B. Saunders Co., 1925, pp. 67. $1.00 net.

Revision of a small handbook, first published in 1920, by the dentist to the Jefferson Hospital, Philadelphia; gives, in simple language, facts essential for the intelligent care of the teeth, together with practical suggestions to prevent decay and disease, includes sensible advice on the selection of tooth brushes, pastes, and powders, and illustrations of proper cleaning methods, also diagrams of the progress of infection.

The Normal Mind. By WILLIAM H. BURNHAM. New York. D. Appleton and Company, 1925, pp. 702. $3.50.

A book dealing with the general subject of factors contributing to normal mindedness, setting forth the principles of mental hygiene and suggesting how the proper application of these principles may be useful in training children. At the close of each chapter problems and questions are suggested and a full bibliography given.

Free Hand Drawing, Book 2. By FRANCES BEEM and DOROTHY GORDON. Milwaukee, Wisconsin: Bruce Publishing Co., 1925, pp. 64. $1.04.

A combination of plates and brief note intended for the use during two semesters of second-year high school classes; includes besides the principles of design and color, object and figure sketching, composition, lettering, and poster work. Emphasizes work from the model, and provides for the use of ink, charcoal, and various color media; suggests frequent use of photographs as a teaching device.

The Commonwealth Fund Program for the Prevention of Delinquency. New York: Joint Committee on Methods of Preventing Delinquency, 1925, pp. 16.

Three Problem Children. New York: Joint Committee on Methods of Preventing Delinquency, 1925, pp. 146. $1.00.

The Problem Child in School. Narratives from Case Records of Visiting Teachers. By MARY B. SALES and HOWARD W. NUDD. New York: Joint Committee on Methods of Preventing Delinquency, 1925, pp. 288. $1.00.

The Visiting Teacher Movement. Second edition. By JULIUS JOHN OPPENHEIMER. New York: Joint Committee on Methods of Preventing Delinquency, 1925, pp. 206. 75 cents.

The Visiting Teacher in Rochester. By MABEL BROWN ELLIS. New York: Joint Committee on Methods of Preventing Delinquency, 1925, pp. 204. 75 cents.

Bacteria in Relation to Man. A study-text in general microbiology. By JEAN BROADHURST. Philadelphia: J. B. Lippincott Co., 1925, pp. 306. $3.00.

Wages and the Family. By PAUL H. DOUGLAS. Chicago: University of Chicago Press, 1925, pp. 290. $3.00.

NOTES AND CLIPPINGS

Country Life Reading List. Some two or three hundred titles are included in the classified list of books on difficult phases of the country life problem recently issued by the American Country Life Association and on sale at their office, 1849 Grand Central Terminal Building, New York City, for ten cents a copy or $7.50 per hundred.

The Technique of a Traveling Exhibit. Extension workers and others may find helpful suggestions in an article on this subject by Ralph C. Smith, of the United States National Museum, in the issue of *Museum Work* for March–April, 1925.

Classification of Hand-Loom Fabrics. An important technical article from the *Pennsylvania Museum Bulletin* for November, 1924, is briefly reviewed in *Museum Work*. The method described is based on weave, and suggests a decimal system of numbering classes or subdivisions of ancient fabrics.

Old-Time Houses. Two more early American houses have recently been made accessible to the public. One is the Kenmore Mansion at Fredericksburg, Maryland, the home of George Washington's sister Betty and her husband, Colonel Fielding Lewis, which has been put in order by the Kenmore Association, and is described in a leaflet compiled for the Association by Mrs. Vivian Minot Fleming. The other is the Ruggles House, a fine homestead built at Columbia Falls, Maine, in 1819, and now restored and opened to the public by descendants of the original owners; an illustrated description by Margaret O. Goldsmith appeared October, 1924, in *Old Time New England*, the bulletin of the Society for the Preservation of New England Antiquities, Boston.

Teacher-Training at Hampton Institute. A special system of practice teaching in home economics which has been worked out at the Institute is described by Blanche W. Purcell in the *Southern Workman* for June under the title "The home economics cadet teachers."

Housing and Education. The importance of the housing problem, the courses on housing offered in various colleges and institutions, and a bibliography of the subject are brought together by Dr. B. R. Andrews in an article in *Teachers College Record* for June, 1925.

International Educational Relations of the United States. Dr. Davis Allan Robertson, of the American Council on Education, has brought together not only the names and addresses but also the main facts of organization, purpose, and activities of the principal educational agencies in the United States definitely concerned with international relations. The list is not only of value to those concerned with international interests, but is also a convenient source of information on educational agencies. It appeared originally in *The Educational Record* for April, 1925, and may now be obtained in pamphlet form from the American Council on Education, 26 Jackson Place, Washington, D. C.

Saving Through Standardization. Among the instances cited in the report of the Board of Visitors to the U. S. Bureau of Standards (U. S. Department of Commerce, Bureau of Standards, Miscellaneous Publication No. 63) to prove the economy resulting from research standardization, is the estimate made by the National Association of Hosiery and Underwear Manufacturers that the savings effected in their industry by such standardization amount in value to $28,000,000.

Old Linen and New Flax. A piece of linen 6,000 years old was recently tested by the research department of the Irish Linen Society, according to a recent supplement to *Science*, and the windings found in 1881 on the mummy of Rameses II, were found to be as perfect structurally as new linen. The explanation suggested by W. H. Webb,

chairman of the society, is that the germs of decay would have nothing to do with linen. The Empire Flax Growing Association, after four year's breeding tests with samples of the world's best flax seeds, has developed plants which continue true to type and produce longer fibers. With this new source of flax and with improved harvesting machinery, it is expected that the costs of linen manufacture can be reduced.

Child Hygiene and the U. S. Public Health Service. The publications of the service which bear on child welfare are listed in Reprint No. 960 from the Public Health Reports, for September 26, 1924. The leaflet may be purchased for 5 cents per copy from the Superintendent of Documents, Government Printing Office, Washington, D. C.

Vacation Activities and the School. This is one of a series of booklets published by the Lincoln School of Teachers College, Columbia University. It describes various interesting projects decided on in school and carried out by boys and girls during their vacations, and would be helpful in the family as well as at school; lists of books for vacation reading are included and also a brief list on child development and education intended for the use of mothers. Copies may be obtained on application to the school at 425 West 123d Street, New York City at 50 cents each.

Boys and Girls Clubs in the Indian Service. E. B. Merritt, well-known to extension workers and other home economists when he was administrative assistant in the States Relations Service, is now assistant commissioner of Indian Affairs and, according to a news item from the United States Department of Agriculture, has recently been organizing the first boys and girls garden club at Taos Pueblo.

Science and the Art of Cookery. This is the title of an entertaining and suggestive article by Mary B. Van Arsdale which appeared in *The Woman's Press* for April, 1925, and which was based on a talk given before a Y. W. C. A. conference of food service secretaries in New York last February. The points emphasized are necessity of special training for quantity cooking, catering, and buying, and the importance of providing meals which are adequate in food value, attractive, and at the same time reasonable in price.

Milk Lessons in English Schools. Through the efforts of the National Milk Publicity Council, education authorities in the provinces and also the London County Council are admitting milk as the subject for school lessons. The Council has distributed 15,000 copies of a booklet "Notes for health lessons" in the London schools and in other places its lecturers have given instruction to the children. The first lesson in the booklet emphasizes the importance of weight and its introduction is said by *Education* to have attracted much public attention. In Bristol and Birmingham extra milk was served to underweight children to test its importance.

Turn-Over in Department Stores. Department stores in the United States sell out their stock three and a third times a year on the average, according to the *Science News Letter*.

Men's Clothing Industry. The average hourly earnings of 27,000 employes in the industry, scattered among 152 establishments in a score or more cities and towns, were 76 cents in 1924, 196 per cent higher than in 1911, according to Bulletin 387 of the Bureau of Labor Statistics, U. S. Department of Labor. The average number of hours per week had dropped 15 per cent between 1913 and 1924.

Health and Growth Record. This chart, by T. Wood and D. G. Rowell, is ingeniously arranged to allow for a year's record of a child's weight, growth, physical examinations, school grade, and general condition in a single folded sheet of paper easily filled in and filed. The blanks may be purchased for

10 cents a copy, or for 5 cents apiece when sold in quantity, from the Bureau of Publications, Teachers College, Columbia University, New York City.

Standardization in Gas Ranges. The American Gas Association, a national organization representing manufacturers of gas appliances, gas companies, and allied industries, has adopted standard specifications for gas ranges which cover the kind and minimum thickness of metal to be used in the several parts of a range, the proper placing and supports of the burners, and the performance of these burners. The Association believes that a range built according to these standards represents good practice, though others not so built may be sold at lower prices. The address of the Association is 342 Madison Avenue, New York City.

Institute of Child Welfare Research. Announcement was made in July that Dr. Helen T. Woolley, psychologist at the Merrill-Palmer School, is to take the place of Dr. Otis W. Caldwell as director of the new institute at Teachers College, Columbia University. She was also appointed professor of education in the faculty of education. Dr. Bess Cunningham, who has been secretary of the Institute, has been appointed supervisor of the educational clinic and assistant professor of education.

Baby Week in India. The cause of better babies was celebrated successfully during the week organized in 1924, at the instigation of the Countess of Reading, with every province and seventy-four Indian states taking part, and a second National Baby Week has been planned for 1925.

New Zealand. A recent exhibit by a home economics association in Christ Church is reported in *Home and Country* to have included a display for home textile and clothing processes from the raw wool straight from the sheep's back to a completed golf costume of homespun.

South America. Two Belgians well known to home economists in this country have recently been speaking in South America, according to the March *Bulletin of the Pan-American Union*. Dr. Paul de Vuyst, director general of the Belgian Ministry of Agriculture, addressed several associations in Rio de Janeiro on home and farm economics in their relation to rural life, and Dr. René Sand, now with the League of Red Cross Societies, lectured in Santiago, Chile, on the protection of infancy and other health topics.

The *Bulletin* also reports that the municipal council of San Salvador is actively at work on the improvement of schools, of which it maintains nine, with an enrollment of 918 pupils. A subvention is made to three school restaurants which serve 1,297 meals a week.

Research in Paint and Pictures. Among the grants from the Milton Fund at Harvard recently listed by *Science*, is one to Edward W. Forbes, Director at the Fogg Art Museum, to study the chemistry of paints, the preservation of pictures, and the possible use of X-ray work in the detection of picture forgeries.

Taxation for Research. According to the *Service News Letter* a bill has recently been passed by the French Chamber of Deputies, which, if approved by the Senate, will place a tax of five centimes on each 100 francs paid in salaries by industrial and commercial concerns, and will devote the proceeds to the support of scientific laboratories. It is estimated that the annual revenue from such a tax would be about 14 million francs, or $700,000 at the present rate of exchange.

Absences of Women and Men. According to research conducted by Harry W. Hepner of Syracuse University and reported in the *Journal of Personnel Research*, women in office work are absent over twice as much as men. In a large industrial concern which was considering equal salary scales for men and women office employees, it was found that during three months women were absent over 6 per cent of their working time, and men slightly over 2 per cent. For both sexes absences on pay day were less than on other days, there being in one case 50 absentees the day before and 6 on pay day.

NEWS FROM THE FIELD

KINDRED INTERESTS

U. S. Bureau of Home Economics. Mrs. Chase Going Woodhouse (see page 498), formerly associate professor of economics and sociology at Smith College, joins the division of economics in September as home economics specialist, and is to work principally on standards of living and budgets.

International Kindergarten Union. Among the speakers at the annual convention at Los Angeles, July 8 to 11, were Dr. Arnold Gesell and Dr. Shepherd I. Franz. Miss Fanniebelle Curtis told of the foreign work of the Union, especially of the community house maintained in France.

National League of Women Voters. The first fellowship offered by the League has been granted to Mildred Stahl for graduate study of the American Indian problem, with special reference to government policies. Miss Stahl, who is a graduate of the University of Indiana, with a master's degree from Smith College, will carry on her study in Washington at the Robert Brookings Graduate School of Economics and Government.

Dental Society Meetings. The American Dental Association and various allied organizations will meet at Louisville, Kentucky, September 21–25, 1925. The seventh annual International Dental Congress was held in Philadelphia, August 23–28.

American Education Week Exposition. In connection with American Education Week, a second annual exposition will be held in the Armory, 14th Street and Sixth Avenue, New York City, November 19 to 28, 1925. All phases of education will be represented, including home economics. There will be exhibits by commercial and educational organizations, and schools and colleges are invited to arrange contests with awards to be made during the exposition. The arrangements are being made by Educational Expositions, Inc., Hotel Majestic, New York, and there is an advisory committee of twenty or thirty well-known educators, among them Hon. Florence Knapp and Martha Van Rensselaer.

National Thrift Week, 1926. The celebration will begin on the birthday of Benjamin Franklin, Sunday January 17, and will continue through Saturday, January 23. Ten rules for a happy and successful life will be featured: Work and earn; make a budget; record expenditures; have a bank account, carry life insurance; own your home; make a will; invest in safe securities; pay bills promptly; share with others. Information, suggestions, and publicity material may be obtained from the National Thrift Committee, 347 Madison Avenue, New York City.

Michigan State College. The name of the Michigan Agricultural College has been officially changed to Michigan State College. The institution was first opened to students on May 13, 1857.

Art and the Carnegie Corporation. To promote instruction in the arts in colleges, universities, and other agencies, $360,000 has recently been given to a score of institutions in sums varying from $50,000 to $15,000. Among the beneficiaries are New York University, Hampton and Tuskegee Institutes, American Federation of Arts, Federal Council on Art Education, Association of American Colleges, American Association of Museums, and the specific purposes vary from the introduction of courses of instruction to support of dramatic activities, studies of college art instruction, and the support of societies to promote music and the arts.

Camps for Farm Women. These were held this year in four states, Idaho and Wyoming having followed the lead of Montana and Washington. In each case

the camps were organized through the cooperative extension service with the idea of training women for leadership in home demonstration work. Misses Birdseye, Reese, and Ward, and Mr. Lloyd of the Washington office, attended several of the camps.

U. S. Civil Service Examination for Dietitians. Applications will be received until December 30, 1925 to fill vacancies under the Public Health Service at an entrance salary of $1,020 a year, with quarters, subsistence, and laundry, and under the Veterans' Bureau at a entrance salary of $1,680 a year. The duties of these positions are to purchase the food supplies, to plan all menus, both ordinary and special diets, and to supervise the preparation and serving of all dietaries in the hospital, both to patients and personnel. Applicants must have been graduated from a course of at least two years in home economics in a recognized college and have had at least three months graduate experience as student dietitian in a hospital or other institution for the care of the sick of not less than forty beds. Competitors will not be required to report for examination at any place, but will be rated on their education, training, and experience. Full information and application blanks may be obtained from the U. S. Civil Service Commission, Washington, D. C., or the secretary of the board of U. S. civil service examiners at the post office or customhouse in any city.

MAINE

Farmington State Normal School. Although the school is best known through the graduates of the regular departments, for thirteen years it has offered two courses fitting students to teach home economics, one a two-year course, the other an advanced course of one year open to former graduates, In September, 1924, both were discontinued and a four-year course was substituted. The Legislature is expected to authorize the granting of the Bachelor of Science degree. The number of applicants far exceeds the capacity, indicating the need for such a course. Opportunities for practice teaching are offered among the children of the town and model schools. Development of the new courses necessitates enlarging the present plant and plans for this are already being made. Helen E. Lockwood, a graduate of Framingham Normal School and of Teachers College, is dean of the department.

The Home Economics Club, which was organized in 1913, has a three-fold aim: the promotion of interest in the home economics movement; the fostering of good fellowship among club members; and cooperation with various agencies in social welfare work. Programs for monthly meetings are planned by different committees and each includes an educational program, followed by a social hour.

Club funds raised by the sale of sandwiches and candy have been used for a contribution to the Ellen H. Richards Memorial Fund, for purchasing materials which clothing classes made into garments for deserving and needy children, including a layette for a new baby, toward the contents of eight Thanksgiving boxes prepared by the students, for providing meals for a sick mother and child, and for purchasing furnishings for the practice house. The Club holds membership in the American and New England Home Economics Associations.

MISSOURI

University of Missouri. Dr. Sarah-Helen Bridge resigned her position as chairman of the department of home economics and was married on June 7 to Mr. E. L. Wingert. They will make their home in Madison, Wisconsin.

Rebecca Sholley, of Chicago University, has been elected to teach nutrition in the position formerly held by Hannah Stillman, who will study at Yale next year.

Harriet Palmer, instructor of home management, has accepted a position in the same type of work at Lynchburg, Virginia. Mercie Carley of Ames, Iowa, has been elected to succeed Miss Palmer.

Bertha Whipple and Hannah Stillman, of the foods division, and Jessie Coles, of the clothing division, studied at Chicago University during the summer.

Lila M. Welch, of the home economics education division, visited the British Isles and the continent.

NEW ENGLAND

New England Home Economics Association. The annual meeting was held at Framingham State Normal School, with a good attendance, including representatives from two student groups. The business meeting demonstrated the value of the news letter as a medium for acquainting members with matters of policy and affording opportunity for discussion. Questions of finance, of method of voting, and of qualifications for membership will be presented in this way before action is taken by the board. Following the noon luncheon, Helen Louise Johnson spoke on the topic "Freedom to adventure," emphasizing the economic basis of sound home economics teaching. Mrs. Jessie C. Eastham, treasurer and member of the board, is the newly-elected president. The association has recommended to the new program committee fewer general meetings for the coming year. The study courses sponsored by the social workers' section have been exceptionally worth while and the board recommends that other sections of the association arrange similar courses.

NEW YORK

State Home Economics Association, Central District. A luncheon meeting in Syracuse on May 9 was attended by about 61 guests. Lena B. Munger, president, conducted the meeting, and Martha Van Rensselaer, of the College of Home Economics, Cornell University, and Treva Kauffman, state supervisor of home economics education, were the principal speakers.

State Home Economics Association, Western District. The year's work was concluded by a luncheon at the Hotel Statler on Saturday, May 2. Martha Van Rensselaer was guest of honor and speaker. Next year three prizes will be offered to high school girls in the district: $25, $15, and $10 for the best essays on home economics. Laura Weisner is chairman of the committee on awards. In addition, the Association will support a Chinese student at Oregon Agricultural College.

Buffalo State Normal School. Alice Brigham is leaving the clothing department for Iowa State University.

Myrtle Caudell, director of home economics, studied at Cornell during the summer. In her absence Mrs. Anna Gemmill acted as director of the summer session.

Amy Rextrew, of the teacher training department, assisted in the office of the State Department of Education during the summer, in charge of the project work.

Pratt Institute, Brooklyn. On the afternoon of June 18, graduating exercises for the School of Household Science and Arts were held in the Brooklyn Academy of Music. Mr. Frederick B. Pratt presented the diplomas and certificates and Dr. Harry Emerson Fosdick gave the address.

The Home Economics Student Club, organized this year, stimulated the returning student body to plan an interesting program for next year. The club promises to be a valuable factor in the life of the school.

The faculty of the School of Household Science and Arts shows some change for next year. Anne E. Perkins, instructor in cookery, resigns to accept a position at the Pine Manor School, Wellesley, Massachusetts, and her place will be filled by Mrs. Louise H. Rogers, a graduate and former instructor here. Mrs. Mary Lou Evans will spend next year in the dressmaking shops of Paris, and her work with the part-time dressmaking classes will be taken by Mary McKee, a graduate who has been teaching in Toronto, Canada. Mrs. Julia J. Ruhfel, who has been on leave of absence, returns in September and will instruct the class in costume design in place of Rose A. Baird, who is resigning. Ava L. Johnson, who has been on a leave of absence since January 1, will return in September.

Teachers College, Columbia University. Recent addresses have been given before students in household economics courses on "America's housing problem" by Dr. Edith Elmer Wood, author of the "Housing of the unskilled wage earner" and "Housing prog-

ress in western Europe;" and on "England's experience in housing and town planning," by Mrs. Olive M. Aldridge of London, delegate from the English Housing and Town Planning Council to the International Town, City and Regional Planning Conference, recently held in New York.

Professor Benjamin R. Andrews spoke on May 12 before the home information centers at Holyoke and Springfield, Mass., in connection with the observance of Better Homes Week, and on May 16 he gave two addresses in the Better Homes Week Conference of the Wyoming Valley at Wilkes-Barre.

Herald Tribune Institute. In addition to its regular work of publishing in two pages of the Sunday paper all the news helpful to the housekeeper in planning and taking care of her home and family, the Institute offers anyone who wants it a list of New York eating places. These have been visited by the editor, incognito of course and independent of any advertising objective, and are recommended especially for the good food and careful service which they offer.

At the Own Your Home Exposition in April, the Institute displayed a model kitchen in a booth. The editor of the Institute was chairman of the home economics committee for this exposition and arranged a series of lectures of special interest to homemakers on such subjects as cookery, care of furniture and floors, home lighting systems, and child feeding. The committee, were: Florence Brobeck, chairman; Katherine Fisher, Marie Sellers, Mrs. H. C. Emmons, L. Ray Balderston, Mildred Nichols, Katherine M. Clayberger, and Lettie Gay.

Cora Ann Steele. The passing of Miss Steele on June 18 brings a loss to her friends in Albany and also to the New York State College for Teachers, where she had been an instructor in the home economics department, since its opening in 1910. During the World War, she did a splendid piece of work, having charge of supplying the food for the S. O. T. C. at the college.

Miss Steele received her degree from Teachers College, Columbia University. At State College, she was a faculty member of the Beta Chapter of Omicron Nu. Her students were devoted to her and she was ever ready with her sympathy and understanding.

NORTH DAKOTA

State College. A conference of members of the home economics, art, and biology departments, seniors in home economics, and the Smith-Hughes teachers in the field, was held at the college May 18 and 19 under the direction of Mabel Campbell, of the Federal Board for Vocational Education. A program of work was agreed upon according to which each teacher is to compile a list of all the art principles involved in her courses with a statement of the various points at which each principle applies. preceding the fall district conference the list is to be checked by the state supervisor, and after all the conferences have been held the results will be compiled and distributed for use during the balance of the year. A similar plan was adopted for the related science work, with the teachers divided into six committees.

The home economics club gave a tea at the practice house during the high school May festival, in compliment to Miss Campbell, Miss Brown, University of Minnesota, and high schools girls who were the visitors of the college for the three-day period.

Clara Brown conducted a round-table on "Objective tests and measurements" on Saturday, May 16, as a part of the Smith-Hughes state conference program.

Helen Ludwig, a graduate of the University of Minnesota, had charge of the related art for the summer session.

University of North Dakota. The open house program given on May 29 was of unusual interest and well attended. A new feature was the exhibit of the nutrition classes, cleverly named "Happy's Day," a picturing by use of posters, actual foods, and other displays, the whole day properly planned for a child in the grades. Many mothers and their children stopped to admire Happy's lipstick, made of carmine red beets, and an entire table of similar cosmetics.

A French shop displayed the garments made in advanced clothing classes. A num-

ber of ensemble costumes and hats to match were displayed with accessories loaned by the local stores.

Marian Stephenson, assistant professor of home economics, who has spent the year in Paris studying costume design and art, returns to the university in the fall to resume her work in the clothing department. Jessie Scott, who filled her place this past year, will go to the University of Washington to teach clothing and millinery and to study.

Hazel Hauck, instructor in foods, taught elementary dietetics at the University of Washington during the summer session.

OHIO

Phi Upsilon Omicron. A loving cup was awarded this year to Margaret Dorsie Kropp, the sophomore major in home economics who made the highest scholarship record. This is first award of the cup.

Correlation of State Nutrition Interests. Many organizations in Ohio, interested in the establishment of hot lunches at school, have asked advice and assistance to such state agencies as the Department of Health, Public Health Association, Department of Education, State University, and the College of Agriculture. Representatives of these organizations have discussed the problem and formulated a method of procedure which should permit the serving of a hot dish and insure the teaching of good food habits through the school lunch. The plan was also approved at a meeting with the State Federation of Women's Clubs, Parent Teachers Association, League of Women Voters, and State Grange. It was agreed that all inquiries regarding any phase of school lunch will be referred to Alma Garvin, Extension Service, Ohio State University, Columbus. Miss Garvin will maintain a selected file of persons in each county who might be available for assistance in establishing and maintaining a satisfactory hot lunch at school. The list, which will be available on request, will include teachers, home demonstration agents, Smith-Hughes teachers, and homemakers. A plan for promoting and conducting school lunches may also be procured from Miss Garvin.

Extension Service. Nancy Folsom, home demonstration agent in Huron County, leaves in September to study rural sociology and nutrition at Columbia University. Miss Folsom is the first home demonstration agent in Ohio to be granted leave of absence.

Wanda Przyluska, health specialist in the Ohio extension service, has just returned from six months' leave of absence spent in studying child care at the Merrill-Palmer school in Detroit.

OREGON

State Agricultural College. Summer school opened June 22 with a large increase in registration. The visiting instructors in home economics were: Maude J. Miller, supervisor of home economics in the public schools of St. Paul, Minnesota; Mary Spalding, of the Anti-Tuberculosis Association of New York; Dr. Caroline Hedger, of the Elizabeth McCormick Memorial Fund, Chicago; Alice Bradley, director of the Boston Cooking School; and Mary Lyle, critic teacher in the high school of Corvallis.

Dean Ava B. Milam spent the summer at the University of Chicago, preparing her study of homes in China for the press. Florence Blazier, professor of home economics education, and Mrs. Sara Prentiss, instructor in child care, also studied at the University of Chicago during the summer.

The two weeks' annual summer school held for representatives of the boys' and girls' clubs of the state registered an attendance of 453, of whom 249 were girls. Project in home economics included health talks, meal planning and serving, canning, bread-making, meat-cutting, the use of labor-saving equipment, home laundry, sewing problems, talks on "How to spend the dollar," "How to beautify the home and person," and "Personality in dress." It is interesting to learn from club leaders and parents what information and inspiration these children carry back to their homes and clubs.

PENNSYLVANIA

Philadelphia Home Economics Association. At the last meeting on May 8, in Conwell Hall, Temple University, life-

Reprints from the Journal of Home Economics

10 CENTS EACH UNLESS OTHERWISE STATED

Report of committee on personal hygiene, Ellen H. Richards 1904
Study of textiles, Nellie Crooks 1908
The home and the machine, J. Lebowitz 1911
The visiting housekeeper (4 papers), M. A. Nutting, E. H. Richards, F. Stern, E. Winslow, 15 cents 1915
Indoor humidity, L. R. Ingersoll 1915
Recent contributions to the foundations of dietetics, Ruth Wheeler 1915
An application of statistics to budget making for lunch rooms, Roxana H. Vivian 1916
Standardization of temperatures for cooking batters and doughs, Louise Stanley and May Wallace 1916
Public health in the past and in the future, C. E. A. Winslow 1916
Recent work on normal adult nutrition, Katherine Blunt 1916
Part time education in household arts, Cleo Murtland 1917
The new dietetic treatment of diabetes mellitus, Lena F. Cooper 1917
College residence halls, Edmund J. James 1917
A comparison of digestibility of starch in batter and dough, Amy L. Daniels, Leola Strickler .. 1917
Report of the committee on correlation of chemistry and home economics in high schools 1917
Practice houses for students in home economics, Isabel Ely Lord 1917
A suggestion in regard to the preparation and use of caramel, G. P. Plaisance and Helen Monsch 1917
Equipping a diet kitchen, Ruth McNary Smith 1917
Some administrative problems in home economics in the public schools, Henrietta Calvin 1917
Losses of iron in cooking vegetables, Katherine Blunt and Florence Otis 1917
A home with an income, Annette Harvey 1917
Old methods and new conditions (Drying and Canning), Jessie Hurd 1917
The housewife and the fish problem, Henry B. Ward 1917
Why the large calorie? Frederick A. Osborn 1917
Studies of labor problems in household employment, Henrietta Roelofs 1917
The American papaw and its food value, C. F. Langworthy and A. D. Holmes 1917
Recent contributions to our knowledge of food preparation, Louise Stanley 1917
Increase in living costs, Helen Coombs and Elizabeth Bishop 1918
A cheap homemade soybean meal for diabetics, Lydia Roberts and Elibabeth Miller 1918
Dietary study at Vassar College, Annie MacLeod and Mary Griggs 1918
The work of the dietitian in the Canadian Military Hospitals, Violet Ryley 1918
A study of the cost of living of working class families in Roxbury, Mass., Sara H. Stites. 15 cents 1918
What to teach the public regarding food values, E. V. McCollum 1918
Learning the lesson of food conservation, Sarah L. Arnold 1918
Utilization of some nuts as food, F. A. Cajori 1918
A consideration of the canning problem, Elizabeth Genung 1918
Survey of agencies for the sale of cooked food, Helen Atwater 1918
Teaching the budget to children, Helen Goodspeed 1918
Jewish dietary problems, Mary Schapiro ..... 15 cents 1919
A malnutrition clinic as a university problem, Lydia Roberts 1919
Centigrade scale compared with Fahrenheit ..... 5 cents 1919
Visiting housekeeping with the Jensons, Ruth Bowen 1919
Budgetmaking, S. Agnes Donham 1919
Office of home economics: work of 1918–19, C. F. Langworthy ..... 15 cents 1919
If not why not, Mrs. Max West 1920
N. Y. health conference, Helen Parsons 1920
Work in foods made vital to health of child, Lucy Gillett 1920
Racial differences in dietary customs, Velma Phillips and Laura Howell 1920
Present status of vitamines, Katharine Blunt and Chi Che Wang ..... 15 cents 1921
Scouring and bleaching of cotton, Lillian Storms 1922
Basal metabolism of college women, Katharine Blunt and Virginia Bauer 1922
Score cards in clothing, Leona F. Bowman and Elizabeth Todd 1922
Calcium requirements of children, H. C. Sherman and Edith Hawley 1922
Energy expenditure for household tasks, C. F. Langworthy 1922
The effect of cooking on the vitamine content of cabbage, Walter Eddy 1923
Education for parenthood, Alma Binzel 1923
The value of boric acid canning compound in food preservation, Max Levine 1923
Effect of adding orange juice to the diet of underweight children, Newell and Miller 1923
Annie Godfrey Dewey. In Memoriam 1923
How to get better houses, Edith Elmer Wood 1924
Information tests in home economics, Clara Brown 1924
Tea Room business, Josephine and Jeannette Ware 1924
Preventive feeding for mothers and infants, Dorothy R. Mendenhall 1924
Psychology of child nutrition, Rowena Schmidt 1925
Losses in cooking vegetables, W. H. Peterson and C. A. Hoppert 1925
Origin of the cafeteria 1925
What is progress in nutrition, Mary S. Rose ..... 15 cents 1925
Disbursement of family income, Alonzo Taylor 1925

memberships in the American Home Economics Association and in the National Educational Association were presented to Dr. Henrietta Calvin. Dr. O. P. Cornman, associate superintendent of schools of Philadelphia, in making the presentation speech, expressed the feeling of pride which the local organizations have in her, not only because of her fine achievements in the past, but also for the many contributions which she is now making in Philadelphia.

State Normal Schools. In 1920, two of the twelve normal schools in the State, Mansfield and Indiana, were designated by the State Department of Public Instruction as centers for training teachers of home economics. Three-year curricula were organized at that time. The State Department has now authorized for the school year 1925–26 the establishment of approved four-year curricula in these institutions in order that graduates of these departments may be qualified for vocational as well as general home economics certification for teaching in the public schools of Pennsylvania. Isabelle Collins is in the charge of the department at Indiana, and Lu M. Hartman, for the past six years superintendent of home economics education, will take charge at Mansfield in September.

Carnegie Institute of Technology. Margaret Morrison Carnegie College was one of the two technical colleges for women recently admitted to the American Association of University Women.

The Costume Economics Club of the Margaret Morrison College held a spring sale of needle work, devoting the proceeds to their scholarship fund. The Household Economics Club presented the practice cottage with a baby grand piano. Most of the money for this gift was raised through Thanksgiving and Easter markets and by serving a dinner to the American Association of University Professors.

An interesting problem in a senior course in nutrition during the last semester was an investigation of the health of a group of women students, consisting of 20 underweight freshmen selected by the college physician. Each senior student was assigned to work with four freshmen throughout the semester. The study attempted to discover what relationship there was between health and dietary habits and a possible correlation between these and college attainments.

A large number of professional opportunities were presented to students for summer work: in charge of the diet in a health camp for children; as dietitian for an employees' camp of a large department store; as teacher of homemaking in an orphans' school; as assistant dietitian in one of the state normal schools; in charge of the social program and diet at a working girls' camp; and as counselor and dietitian at a Girl Scout's camp and in children's hospitals.

Western Pennsylvania Educational Association. At the meeting of the home economics section in Pittsburgh, April 25, Lita Bane discussed activities of the national association and Harriet Glendon talked of "Little things in nutrition."

Drexel Institute. The home economics department entertained Mr. Frederick Howe, of Pratt Institute, on April 24. The senior dietitians served luncheon to members of the faculty and their guest.

Two lectures of special interest to home economics students were given during April. Agnes Boeing of the Cheney Silk Company talked to the students on "Art in textiles." Evangeline Roberts of Bonwit Teller & Company spoke on "The history of costume." Historic costume mannikins were on exhibit in the art gallery at the Institute the week following Miss Roberts' lecture.

Two interesting demonstrations were given for the class in demonstration cookery during the month of May. Edna B. Williams showed how to use Jello. Mr. Camille Kurtz, chef at the Bellevue-Stratford, demonstrated the making of hors-d'oeuvres and entrées.

The annual fashion show by students of clothing was in the form of a play, "The Top o' the Hill," given in the auditorium on May 28. The play was written and staged by two junior students in the home economics department and all the costumes were designed and made by students in the various clothing courses. Students in institutional management were hostesses at a tea in the art gallery immediately after the play.

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Cooking for Profit

BY ALICE BRADLEY
Principal, Miss Farmer's School of Cookery
Cookery Editor, *Woman's Home Companion*

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You will be interested in the attractive illustrated bulletin "Cooking for Profit: Catering and Food Service Management," giving full details and telling how some of our graduates and students have started on the road to success. It's free,—*send for it*—to American School of Home Economics, 5776 Drexel Ave., Chicago, Ill.

The thirty-two seniors in home economics were honor guests of the sophomores at a dinner on the evening of June 5 in the art gallery, which was transformed into a garden by arbors of vines and spring flowers over the entrance and each of the five tables.

Allentown. The home economics department of Allentown high school held its annual party for children from the day nursery and children's home on the lawn of the practice house. Twenty children between the ages of four and ten were entertained. The first feature was allowing the children to choose a dress or suit from among a collection made for the occasion in the clothing classes under the direction of Anna Buehler and Mabel Knecht. Much of the material was gathered from remnants or short ends of material. Where alterations were necessary, there were made at once. Lawn games were followed by simple refreshments made by the food classes under Jeanne Egge's direction. Pictures were taken of the group and are evidence of the worth of the project.

Lock Haven High School. The home economics department gave a play called the "Girl outfitters" with a cast of seven and about eighty models showing morning, afternoon, made-over, silk, wool, and school dresses. The play was such a success that it is to be made an annual affair.

Picture Rocks Vocational School. Forty-two girls were enrolled in the vocational work this year. The work of the department was exhibited at the junior fair in Picture Rocks, at the Hughesville fair, and in Muncy at the teachers institute. An exhibition of the whole year's work was shown the last week of school at the Vocational Hall. Hot lunches were served by the girls from November to May.

Gregg Township Vocational School, Spring Mills. On Friday preceding Mother's Day the junior and senior girls were hostesses at a mother-daughter meeting. They presented a program of music and readings appropriate to the day. One of the mothers gave a very fine talk, to which one of the daughters responded.

The graduation dresses this year were most attractive and, with one exception, the patterns were made by the girls themselves, the dresses costing an average of $3.30 each, Dainty rainbow-colored voiles were made for class night.

TENNESSEE

Tennessee Home Economics Association. A successful meeting was held April 10 at the Hume-Fogg High School in Nashville. At the morning session an interesting pantomime, "The Charm school," was given, illustrating an impressive way to teach table etiquette to home economics students.

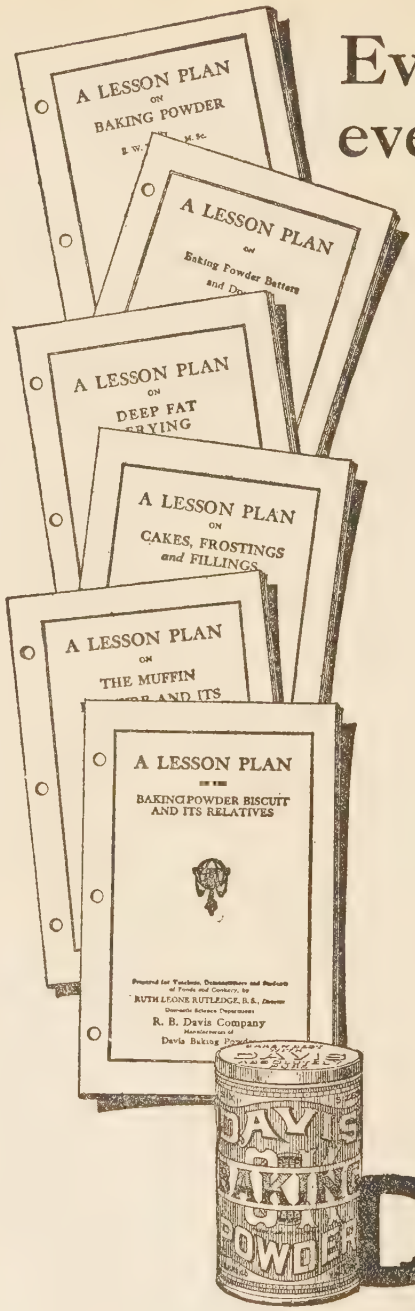
At noon seventy-five members of the association attended a luncheon at Hotel Hermitage. The afternoon session was attended by one hundred and fifty teachers, extension workers, and homemakers and was addressed by the national executive secretary, Lita Bane.

The following officers were elected for the coming year: President, Lulu Tunison, Shelby County; vice-president, Ruth Buckley, University of Tennessee; secretary, Byrdee B. Wright, West Tennessee Normal School, treasurer, Mrs. George Graham McClure, Clarksville.

University of Tennessee. Plans are being made for the erection of a $165,000 home economics building, to be well equipped with laboratories for sewing, cooking, and experimental work. Graduate work in home economics can be given with the increased facilities and the institutional work is to be extended. The University is also to have a new practice house with five bedrooms, living room, dining room, and kitchen, with a well-equipped laundry in the basement. The house is to be simple but convenient and special attention is to be given to making the rooms easy to care for.

Every spring a Revue is given by the home economics students at the University. This year it was a clever play "Ain't Education Grand?" written and dramatized by the students. It is the story of a college girl who has had a purely academic course. The many things she needs to know after she is married are arguments for home economics.

Mildred Packaberry, of the University of Illinois is to succeed Esther Bracken, who was married in June, as nutrition instructor.



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Extension Service. For the past two years home improvement days, arranged and planned by home demonstration agents and extension specialists, have been of great interest in Tennessee. The entire morning is given over to a program on home beautification, conveniences, and subjects of interest to rural women. Each woman brings lunch, which is supplemented by a cold drink and ice cream provided by the local women. The lunch is served cafeteria style and the women enjoy the contact with others from all over the country. In the afternoon, the audience, which varies from 100 to 500 women, is divided into groups of 15 or 20 with a town woman as leader. The groups visit local stores where the merchants have arranged interesting demonstrations, and give some small souvenirs to the visitors. Tennessee has found that these home improvement days have done much to bring town and country closer together and to discourage mail orders among rural women. After they have visited the stores in their town and have seen the class of goods carried by their own merchants, they are more inclined to "buy at home." Merchants become interested and carry better materials as a result of these days.

WASHINGTON

University of Washington. A $600 annual fellowship for research in nutrition, presented by an anonymous donor, is to be known as "The Effie I. Raitt Fellowship."

Mrs. Virginia Cunningham Patty has been granted leave of absence for the first semester to study at Columbia.

A health education pageant was presented on May 15 by eighth-grade girls from the Whitman School in Tacoma at the annual open house of the home economics department. The play was adapted from a Junior Red Cross pageant by two of the teachers, Violet Davies and Margaret Stiles, who trained the girls.

Martha Koehne conducted a class in nutrition for men in the spring quarter. Fifty-eight were registered, including pre-medical students, engineering and other technical groups beside athletes and house managers.

State Federation of Women's Clubs. At a meeting in Port Angeles, June 16 to 19, two rooms were devoted to home economics exhibits demonstrating facts about budgets, clothing and nutrition.

State College of Washington. Elizabeth Rutherford of the University of Nebraska, Mrs. Elizabether Barrett of Spokane, and Sevilla Wenger of the University of Illinois, compose the home economics staff for this year's summer session. Dean Florence Harrison, Helen K. Robson and Vivien Garrett of the home economics department are attending the University of California this summer.

WISCONSIN

University of Wisconsin. Abby L. Marlatt, head of the home economics department, spent the summer in France and England, her niece, Florence Marlatt, of Washington, D. C., traveling with her. Hazel Manning, head of the department of textiles and clothing, was chairman of the department during the summer session.

Helen Parsons, in charge of nutrition courses, May Cowles, instructor in house architecture, and Gladys Stillman, of the extension department, studied at the University of Chicago this summer.

Elizabeth Amery, supervisor of home economics for the state of Delaware, was a member of the summer staff, giving courses in home economics education and supervision.

Helen Goodspeed, formerly state supervisor of home economics in Wisconsin, joined the summer staff at the University of California, Berkeley.

Vocational School, Stevens Point. The girls' clubs gathered at a combined meeting on the evening of May 12. After a banquet each club presented a short play.

Evelyn Braatz, teacher of domestic science, has accepted a position as supervisor of the homemaking department in the Wausau vocational school.

The first annual banquet of the citizenship club took place on the evening of May 4. This was considered a graduation exercise for the men and women who had been enrolled in the night school citizenship class this year.

Those people who were able to answer the questions on government asked by the district examiner were granted diplomas. Tweny-nine diplomas were issued. This was the largest number ever given in any city in this district. These graduates will be exempt from answering the usual questions when they appear before the judge to receive their final papers of naturalization.

State Normal School, Stevens Point. Bessie May Allen and Marie Zimmerlie, head of home economics departments of the state normal school and the high school at Stevens Point, respectively, were in Europe during the summer vacation.

The home economics department has received the very welcome gift of two beautiful costumes, worn by the great-grandmother of Eleanor Whithee, the donor.

National Child Welfare Day was recognized publicly by two departments in the normal school. The physical education department put on a most interesting demonstration of their work and the class in elementary nutrition presented a short program emphasizing good nutrition for children and the responsibility of the grade teachers toward good health habits of their pupils.

Mrs. Gordon, one of the state vocational education teachers, was a member of the Stevens Point home economics faculty during the summer session. Stevens Point is glad to introduce special work in vocational education.

During March, Miss Allen spoke at a meeting of the State Utilities Association, on the subject "What the housewife expects and receives in the way of gas service." That the speech was considered excellent was shown by the fact that Miss Allen was invited to be a guest during the entire meeting in Milwaukee, April 16.

High School, Stevens Point. Mildred Anderson has accepted a position with the Tennessee Iron, Coal, and Steel Co., of Birmingham, Alabama, as home economics teacher in one of their mining villages. Ruth Jacobs will take her place.

HOME ECONOMICS IN BUSINESS SECTION

Ruth Chambers has accepted a position with the Peoples' Gas Light and Coke Company, of Chicago.

Mary E. Keown is back in Chicago after spending the winter in Florida with her family. While there she was inoculated with the real estate bug and we may expect to hear of her selling Florida orange groves. Right now her address is 6243 Kimbark Avenue, Chicago.

Louise Fitzgerald was married August 24 to Mr. Patrick Norton and will be at home after the first of September at Minot, N. D. She says she will be tickled pink to see any of the home economics people who may be in or around Minot.

Mrs. Virginia Collins is no longer with the Nebraska Power Company, and has been spending the summer in Chicago.

At a party given by the Chicago members of the business section, the sum of $200 was raised toward defraying the expenses of the American Home Economics Association for the San Francisco meeting.

The Home Economics in Business Section up to July 1 had voted in 125 members.

Vol. 17, No. 10 October, 1925

Journal of Home Economics

EIGHTEENTH ANNUAL MEETING AMERICAN HOME ECONOMICS ASSOCIATION

San Francisco, July 31–August 6, 1925

A ruling of the Council provides that a number of the Journal of Home Economics *shall be devoted to the proceedings of the annual meeting of the American Home Economics Association and shall include abstracts of papers presented before the Association and its sections and group committees, the minutes of the business meetings of the Association and the Council, and a condensed report of meetings of the Executive Committee.*

A few of the papers presented at San Francisco are being held for publication in full. In general, however, the abstracts of articles here published represent those received by the Journal.

PRESIDENT'S ADDRESS

KATHARINE BLUNT

University of Chicago

What should the president of this Association emphasize when she has the privilege of speaking to the members almost at the opening of an annual meeting? I do not believe you wish me to talk much of individual happenings, but rather, I imagine you would like me to try to help you see the Association as a whole—its significance, its hopes and ideals, its growth, the scope of its interests, and its standing the country over.

Here we are in the summer of 1925, a nation-wide professional association with several thousand members. We are organized into eight different sections for our national activities, while for our local interests and individually we belong to forty-seven affiliated state associations. We have our own home in Washington. We have our full time executive secretary, who has for three years so ably furthered the development of our work. We have the Journal in which we take pride and which we

find of great assistance in our individual and association activities and a delight to keep us up-to-date in home economic news, or maybe even home economics gossip. We have a budget not far from $40,000.00, and this year, thanks to our increased membership and JOURNAL subscriptions, and to the energy of the JOURNAL'S business manager in securing extra advertisements, we have a comfortable little surplus on the year's work. Most important, as shown by this meeting, we have a vigorous, interested group of members.

We have surprisingly few years of Association life back of us. It was only sixteen and one-half years ago in December, 1908, that the American Home Economics Association came into existence. It was launched by the teaching section of the pioneer Lake Placid Conference on Home Economics. That first American Home Economics Association meeting in Washington must have been very carefully planned. There were 143 people in attendance but the charter membership list, as assembled by previous correspondence and announced at the time, contained 700 names, a surprising number of them names of people at that time or since famous in home economics. The report of the meetings as published in the first number of the newly established JOURNAL OF HOME ECONOMICS reflects belief in the important movement initiated. Mrs. Richards was elected president, Miss Bevier, Dr. Langworthy, and Miss Wilson of MacDonald Institute, vice-presidents, and Dr. Benjamin R. Andrews, secretary-treasurer.

I suppose the most important concrete action which they took was the starting of the JOURNAL. The first number came out in February, 1909. For the first few months, Dr. Andrews served as editor in addition to being secretary and treasurer of the Association. Mrs. Abel succeeded him, giving her services for seven years. Then Mrs. Norton was appointed on a half-time salary, and when she was in Constantinople, Mrs. Bryan had charge. It is hard to realize that it is only since Miss Atwater took up the work two and a half years ago that we have had a full-time editor. We have had Miss Baldwin as business manager since the early days, part of her work until 1922 being that of office manager of the Association.

Our sections have been a matter of growth also. The Institution Economics Section was the first to develop and the only one for many years, occasionally even working independently and with little reference to the parent organization. Then came the Extension Section and the Science Section. The latter kept its name for several years, serving much the function of our present Food and Nutrition Section, but after

a while, apparently, other groups rebelled against the exclusive use of the word science by the food people, and the present nomenclature was developed. The Textile and Education Sections followed, and then after an interval the Home Economics in Business Section. It was only last year at Buffalo that our two youngest sections, Homemakers and Related Art, were completely launched.

Membership grew rapidly in the first few years, then went down when JOURNAL subscriptions and membership dues, which had been one and the same, were separated. It was the development of the plan for the affiliated state associations that gave the impetus to our present striking development. That scheme, like most, was several years in really coming to practical accomplishment. Those of you who were at Swampscott in 1921 remember the prolonged discussions there, and the final reading of the plan into our constitution. Note the increase of our membership since that time—1200 in 1921, 6000 last year, and 7000 this year.

Of the events of the past year, the most important, I believe, may be considered the strengthening and stabilizing of this large organization. It is very easy for a fast-growing association to become unwieldy, ineffective. Our Washington office has done more for the follow-up of membership than before, and has given more help to state offices; and as you know, our executive secretary has made two long trips, thus by mail and in person connecting state and national activities. The president also was so fortunate as to visit a number of the western and mid-western states. One of our weaknesses is our very large annual membership turnover—43 per cent loss this last year—and effective follow-up through the states from the Washington office should lessen this. The 184 affiliated student clubs in which we are rejoicing and the goodly number of student delegates at this meeting are decided causes for congratulation, both for the present and the future.

How significant is our move into our new offices in Washington, I myself had not realized until I visited there. We count among the national women's organizations, and even our 7000 members would not make us do so were it not for our staff of workers, established in dignified, suitable quarters in Washington. Those three small rooms will, I hope, greatly expand in the future, but even now they serve an important function.

Financially too, we are in a sound condition. There are two points in the report of the controller on which we may congratulate ourselves: that this, our first year of carrying the executive secretary expense from

regular income rather than special fund, has come to a close with our finances very slightly to the good; and that with the approval of the executive committee, a definite part of our surplus, which has been gradually accumulating during the past years, shall be set aside, ready, if necessary, to meet a temporary deficit in income, and the rest, about $1500.00, shall be available for special enterprises of the sections or the whole Association. This gives a most encouraging opportunity for the development of well-considered plans. For a while, at least, good projects will not have to be discouraged by the plea of no funds.

The very limited success of the higher grades of membership dues is one of the year's financial disappointments, due, I think, to the late start and lack of understanding of the plan, rather than its unsoundness. It is a necessary part of our budget for this next year; our development depends on having a goodly number of people all over the country appreciate what the higher grade dues mean—an opportunity and duty of nationally-minded people to contribute $5.00 or $10.00 or $25.00 to the national Association.

The growing interest and usefulness of the JOURNAL is too obvious for me to need to dwell upon. Please note in the editor's reports for this past year and the year before, how carefully she keeps in mind the needs of the different groups in the Association membership. The number of subscribers must still increase. There is some danger, I think, that in pushing membership and higher grade dues, we neglect to urge support of our professional JOURNAL.

The income of the Ellen H. Richards fund has been definitely devoted to a fellowship rather than to the payment of speakers for the annual meeting, as had been done for several years in the past. For the next year, to our peculiar satisfaction, the fellowship has been awarded to Lita Bane, the retiring executive secretary. The fund should be greatly increased in the future, so that we may offer not only one, but several, of these graduate fellowships.

Our contacts with other organizations have grown satisfactorily this year. We have friendly and significant relations with the National Education Association, shown in part by our round tables at the superintendent's meeting in Indianapolis; with the vocational educational societies, as members of the Council on Vocational Education; with the American Association of University Women, the General Federation of Women's Clubs, the Parent Teacher Association, the American Child Health Association, and many others. When the executive committee formulated the duties of the executive secretary, it listed second

the maintenance of such contacts as these, and the result is, as I have already said, that we are regarded as one of the really significant women's organizations in Washington.

In our government contacts, those with the Bureau of Home Economics, of course, come first. We also keep in touch with our two government educational offices in the Bureau of Education and the Federal Board for Vocational Education and with the Office of Cooperative Extension Work. We have been called on for advice in the standardization of bed blankets and of lockers by the Division of Simplified Practice of the Department of Commerce, and now we are invited to appoint a permanent committee to which questions of the simplification and standardization of many household articles may be referred, varying all the way from electric light plugs to size thirty-six garments. This invitation gives us an opportunity for important work as a group of trained consumers.

Internationally, our activities include the nomination and partial support of the home economics teacher at Constantinople Women's College; our membership in the International Federation of Home Economics Instruction in Switzerland, from which I have just received a cordial cablegram of good wishes for this meeting; and many less well-developed relations. At this meeting we consider reading into our constitution the affiliation of the Canadian provinces on the same plane as our own states, and we pass upon the admission of the New Zealand Home Economics Association on special terms.

The work of the sections and of the state associations, I shall not even touch upon now, backbone of the Association though they are. I must leave those for the reports and discussions which will come later.

At this meeting we must also consider within these few days, what more we, as an association, can do for the development of courses in child care and training, and in health education. We shall have discussion as to whether we wish to continue our present somewhat loose membership requirement, based only on interest in home problems, or to set up membership qualifications based on training. We shall also endeavor to work out plans for greater use of our Washington office through depositing there all association and section reports, in order, if possible, to lessen our present occasional failure to use most fully interesting and valuable committee work. We also shall attempt to encourage the state associations to call on the executive secretary for a greater number and variety of services than we now ask of her. These,

and the other points suggested before are only a few of the problems that will come up at this meeting.

Do not let us be afraid of big ideas, of large-scale enterprises. In a fast growing association like ours, membership, I think, is likely to grow faster than the members' realization of their power. Our potential influence is very great—is limited only by the breadth of our vision and our ability to develop a clear-cut, workable program.

I like to think that each one of us will get four things from this meeting: friendly association; stimulus for her individual work; a broadening and deepening of her conception of home economics and its place in the life of the country; and a belief in the American Home Economics Association as the most powerful home economics instrument we have.

PROGRAM OF WORK, 1925–26

The following program of work for 1925–26 was adopted by the American Home Economics Association:

I. PROMOTION OF MEMBERSHIP

1. That we continue our effort to secure ten thousand members before the end of the year, every member a subscriber to the JOURNAL.

2. That we make a special effort to enlist the interest of trained home economists in professional, homemaking, and commercial fields.

3. That we make further effort to interest student groups, who represent large potential membership, in affiliation with the Association.

4. That we make a definite effort to increase the number of graded memberships and that we also stress means to avoid the yearly turnover of members.

II. LEGISLATION

That we support the legislation recommended by the legislative committee of the Association, which is:

1. Continued support of the Fess Bill, the Bureau of Home Economics and the ratification of the Child Labor Amendment.

2. Active work on the part of home economists to realize the fullest possible benefits to home economics from the Purnell Bill.

3. Endorsement of the Harding-Hughes-Coolidge World Court, and the Education Bill in the form drawn up on June 30, 1925.

III. COOPERATION

1. That we further cooperate with other national organizations whose work directly affects that of the American Home Economics Association in bettering conditions in the home, in the institution, and in the community by:

(a) Furthering state and national projects which are of mutual benefit.

(b) Providing adequate subject matter in home economics which can be used in such programs.

IV. SPECIAL PROBLEMS

The following special problems seem of vital concern to the Association and it is recommended:

1. That the Association include a program of child study which represents all phases of child care and management, as a fundamental part in all curricula which have as their aim training for homemaking and parenthood, and that the full cooperation of this Association be given all agencies which are studying some one or more phases of this problem. We recommend the appointment of a committee to formulate the policy and guide the work in this field.

2. That the Association take definite steps to secure from home economics a more definite contribution to the health education movement.

3. That the Association take active steps to formulate standards for home economics curricula of college grade to the end that there may be a clearer appreciation of the type of work demanded for college grade and a recognition of the importance of the inclusion of home economics in the curricula of all colleges open to women, and also that graduates of home economics departments may receive more satisfactory recognition from qualified accrediting agencies.

4. That the Association take definite steps to formulate standards for home economics curricula of high school grade to the end that the work given may meet not only the requirements of the girl for home training, but may receive satisfactory recognition from qualified accrediting agencies for college entrance.

5. That the Association urge an enlarged program of home economics research, and that home economics associations, both state and national, work actively for appropriations where funds are needed for such work, and that we consistently work toward cooperation in home economics

research, using the office of the American Home Economics Association to this end and cooperating with the U. S. Bureau of Home Economics to the fullest extent.

6. That the Association continue its active support to the committee on publicity in its efforts to formulate and put into effect a plan for giving the public a more satisfactory understanding of the content and aims of home economics.

7. That the Association recognize and further the work of the homemakers section, particularly by recognition on both state and national committees which are considering homemakers' problems.

8. That the Association take active measures to increase the Ellen H. Richards Memorial Fund during this year.

9. That the Association actively support the programs of work of the different sections.

V. SUGGESTIONS FOR STATE PROGRAMS OF WORK

In carrying out the recommendations listed above, the following suggestions are offered for state programs of work:

Membership. (a) Institutes offering training in home economics to assist by providing lists of graduates with addresses.

(b) More active following-up of members of the previous year.

(c) An occasional news letter to be sent to each member of the state association. It is particularly urged that news letters be sent before and after state meetings.

(d) Members of the American Home Economics Association to associate themselves actively with local organizations which have a home economics committee or section.

Legislation. Strong legislative committees to be appointed and membership for home economics to be secured on state legislative councils, or assistance to be given in the formation of such groups where they do not exist.

Cooperation. (a) Joint meetings to be planned with other interested groups and associations.

(b) Material for group meetings to be furnished.

Special Problems. A full report of the national meeting to be included on the programs of state meetings.

FOOD AND NUTRITION SECTION

OUR FLOUR SUPPLY

C. L. ALSBERG

Food Research Institute, Stanford University, California

The character of the wheat supply of the United States is changing, and with it the character of our flour. This must require not inconsiderable modifications in our methods of baking.

THREE PROBLEMS IN STANDARDIZATION OF EXPERIMENTAL COOKERY METHODS

MINNA C. DENTON

U. S. Bureau of Home Economics, Washington, D. C.

1. The best aids in securing standard materials with which to work.
2. Progress made in developing mechanical and other aids in objective methods of expressing judgment of food products.
3. Ways in which varying manipulation upsets standardization even when the different operators use the same materials and follow as carefully as possible the same directions.

THE USE OF FAT IN THE HUMAN BODY

W. R. BLOOR

School of Medicine, University of Rochester

In warmblooded animals, fat is practically the only food stored in quantity. Certain relations are observed between the melting point of the stored mixture and the body temperature of the animal, also certain precautions taken against spoilage. For these reasons some food fats are less desirable than others and there is evidence of a preference which may result in rejection of portions of the food fat.

Fat is the most concentrated of the food stuffs but it is difficult to digest and burn, first because it is insoluble in water as a result of which special arrangements have to be provided for digesting and transporting it; second, owing possibly to its high carbon content, it is difficult to burn completely and arrangements of another kind, the use of carbo-

hydrates in the later stages, have to be provided for the disposal of the final products.

Certain fats are especially valuable in a dietary because of the vitamins which they carry in solution, the fat-soluble vitamin A, the antirachitic vitamin, and the vitamin of Evans which is important in the reproductive processes. Current work tends to place these substances in the "unsaponifiable" fraction of the fats and to relate them to cholesterol.

Pure triglycerides are tasteless and odorless, but the natural fats either contain or produce during cooking, flavoring substances which add to their value as foods. Because of their effect of inhibiting gastric secretion and digestion the use of fats in flavoring can easily be overdone.

DIGESTIBILITY VERSUS ROUGHAGE AND VITAMINS

WATER C. ALVAREZ

Hooper Foundation, University of California

Dietitians to-day are emphasizing the importance of vitamins and roughage in the diet. They seem temporarily to have forgotten that the factor of digestibility is an important one. Actually, great harm is being done in many cases and we should return to the smooth diets of Hippocrates.

For abstracts of papers presented at the joint meeting of the Food and Nutrition and Institution Economics Sections, see pages 552 and 553.

HOME ECONOMICS EDUCATION SECTION

TEACHING IDEALS THROUGH HOME ECONOMICS

FLORENCE HARRISON

State College of Washington

Modern educators, such as Parker, Bagley, and Charters, emphasize the importance of developing ideals as one of the proximate purposes of teaching, and maintain that the period of adolescence is especially adapted for inculcating those "emotionalized standards or mental structures" and that the most effective sources of these ideals are concrete realities, including the personality and habits of the teacher and the atmosphere of the school. Home economics teachers sometimes exemplify the effect of consistency or inconsistency between their own precepts and practice, the neat, quietly and tastefully dressed teacher of clothing often producing similar ideals in her pupils, while the teacher of food selection who is known to indulge in coffee and doughnuts every afternoon probably fails in her effort to prevent children from taking what they want when they want it.

The difficulties of our home economics teaching have been threefold: 1. Attempts have been made to deal with ideals in the abstract without realization of the fact that ideals will not operate except through activities. 2. Activities have been emphasized without ideals to govern them. 3. The ideals to be established have not been clearly defined or determined. Nevertheless, in the field of home economics there is a wealth of opportunities to link activities and ideals. Some of the specific ideals of cleanliness, orderliness, neatness, accuracy, promptness, reliability, perseverance, as well as the more general ideals of loyalty, cheerfulness, open-mindedness, sympathy, generosity, kindliness, love of beauty, courage, service, and spirituality are vital to the successful homemaker. The true homemaker of the past adapted herself to conditions about her because of her ideals of thrift, economy, and self-sacrifice. She held an important place in the work and progress of her time because she was persevering, conscientious, thoughtful, reliable, and had a vision of her real place in the scheme of things. The girl trained to-day will have the problem of adjusting herself to new conditions and needs. Her success with the multiplied demands and changed responsibilities of modern life will depend upon her understanding of them and

her effort to meet conditions with the best equipment possible. The ideal we hold for home economics is that it will be a potent factor in the development of women to-day and that they, in turn, will be potent factors in the development of rational living and the new order of home life.

THE PLACE OF HOME ECONOMICS IN CURRICULUM REVISION

A. C. OLNEY

Sacramento, California

Homemaking is a subject of universal importance, as essential as reading, writing, or arithmetic. On it depend health and even life itself. All phases of homemaking should be taught to practically all girls and some phases to all boys. Homemaking courses now reach, in general, only a small portion of the girls.

Secondary education has been handicapped too long by tradition. The two-year review period in the seventh and eighth grades is now recognized as largely a waste of time. There is an insistent demand for the work of the first six grades to be limited to the fundamentals in the three R's. The work of the seventh, eighth, and ninth grades can logically and psychologically be planned to cover other fundamentals, in which the individual may explore his interests and his ability, and choose certain subjects which he thinks he would like to pursue more thoroughly.

In the first list would come those subjects which all boys and all girls must know to be good citizens.

Adolescence is a period of investigations, of superlatives, of resentment of control, of violent enthusiasms, each in its turn short-lived. This succession of enthusiasms should be seized upon and made use of by the teacher. It is usually preached at, criticized, and disregarded. It can be used as a great force in education. Short unit courses meet this need.

Other facts usually disregarded are that fully one-half the students in grade 7 will never enter the senior high school, and that one-third of those in the ninth grade will never graduate.

Another principle should be that, beginning with the seventh grade, no subject should be required for which a positive case cannot be made

and that any required subject should be of maximum importance for those who will not finish the high school. Still other principles are that the subject should be 'sold' to the student and the community, and that it should be motivated.

FAMILY AND COMMUNITY RELATIONSHIPS AS ESSENTIALS IN TRAINING FOR HOMEMAKING

MARY STEWART LYLE

Oregon Agricultural College

Teaching family relationships does not mean another addition to an overcrowded schedule, but is an attempt to justify the work of home economics teachers. State supervisors and educators claim that we must train for more complete living, and the keynote of many talks here has been worthy home membership. Emphasis must be placed on high ideals of homemaking, not only for the skills but also for the spirit and social needs of the home, and for sympathy and understanding among its members. This can be accomplished through the present courses, either by changing the emphasis or by introducing short units on special topics. It is well to begin by setting up definite aims; by outlining problems likely to fulfill these aims; by attempting to emphasize better family and community relationships in present courses; for example, to use the school lunch to teach not only food selection, preparation, and serving, but also table etiquette and conversation and standards of behavior. In considering the introduction of separate units, the present courses should be tested as to their usefulness, interest, appeal to instincts, type of thinking, and degree of difficulty, and the work to be omitted thus determined. Another point to be decided is the most effective place in the course for introducing the new units.

A committee of the Pacific Regional Conference has been studying how such work is being done. Correspondence with state supervisors and teacher trainers showed that it was being attempted in some schools, and brought in a few outlines of courses, projects, and suggestions. The general opinion was that home economics teachers were not giving the best possible training for homemaking. The question of overlapping the work of sociology departments was taken up through the courtesy of the Vocational Education Department of the Oregon Agricultural

College, and showed that, in Oregon at least, a home economics teacher would not be infringing on their territory if she tried to teach finer attitudes toward home and family or to establish habits of better living. The Committee has also started to work out specific aims and abilities and to suggest problems in various phases of home economics which may be used, along with the technical work, to enrich the courses along the lines to be emphasized. During the coming year it hopes to continue the study already begun and to bring about a definite attempt on the part of teacher-trainers to introduce this emphasis in the training given.

Suggested projects include: Under clothing, a girl's share of the family budget and making a garment for a younger brother or sister; under foods, to assist the mother in preparing supper, or to help establish good food habits in the younger children; under home management, caring for one's own room or helping to provide entertainment for the family group. Among special topics that I have tried in an eighth grade class are one week's study of etiquette, ending with a party; a study of the house, its care and standards, and a study of the girl—what makes a lovable girl. Making a collection of helpful books and magazine articles has also proved useful.

EXTENSION SECTION

THE MENTAL TRAINING OF THE PRE-SCHOOL CHILD

LILLIEN J. MARTIN

Consulting Psychologist, San Francisco

There is a fallacy in the present idea that children can be left to themselves, that is, without training, until they reach the school age.

Present day conditions make it less and less possible for the school and teacher to supply that which should have been given to the child in the home: first, because the technical demands of to-day are so exacting that the teachers can train the children only in the subject or subjects they teach; second, because "by the end of the second year the pattern of the future individual is already laid down" (John Watson).

If the child has not received training in the home for obedience, coöperation, emotional control, etc., he enters school as a maladjusted individual, handicapped in every physical and mental activity. Dislike of school is a consequence.

The home should train the pre-school child for good habits, promptness, regularity in discharging duties, obedience, truthfulness, responsibility to community, emotional control, independence, justice, and respect for the rights of others.

Every child should early have both a physical and a psychological examination to determine his natural endowment, and as a diagnosis of inherited tendencies. These examinations should point the way to the training necessary in the individual to overcome weaknesses, to guard against the wrong kind of imitation, and to avoid taking on the less desirable family traits.

For every act of disobedience, emotional uncontrol, stealing, lying, and other delinquent conduct or tendencies, the cause must be found and the kind of punishment must be in accordance with the findings. All irregularities of conduct must be treated through a searching investigation of the cause and with a truly sympathetic attitude in punishment.

INSTITUTION ECONOMICS SECTION

NEWER ASPECTS OF FOOD POISONING

K. F. MEYER

Hooper Foundation, San Francisco

In tracing the various landmarks in bacteriological investigations the following three causes of food poisoning are outlined:

1. Food infections due to organisms of the paratyphoid enteritidis group.
2. Food intoxication due to the toxin of B. Botulinus.
3. Food allergies.

Under the first heading the recent report of the English workers Savage and White is worthy of critical analysis. Although food poisoning is by no means uncommon, true botulism is a rare disease in the United States. The occurrence of the latter intoxication may be prevented by procedures developed in California and adopted by the State Board of Health. Some of the unidentified forms of food poisoning may be closely related to food allergies, a subject of interesting recent study.

SCIENTIFIC BUYING AND MEAL PLANNING

QUINDARA OLLIVER

Children's Hospital, Boston, Massachusetts

Scientific meal planning for the family group is comparable to that for the institution, as far as the necessity for meeting the need for protein, fat, carbohydrate, vitamins, salts, and total calories is concerned. There is also a relative comparison in the economic factor.

Beyond that all similarity ceases, since planning meals for large, miscellaneous groups is a complex problem of organization and execution The meals must be planned for a week or a month. This requires a careful sequence of dishes and a coordination of the several menus, for example for doctors, nurses, employees, and patients, for the same week. The capacity of the equipment in kitchens and serving rooms as well as the number and type of employees are factors that must be considered in securing desired results. The usual home method of planning from

meal to meal or day to day when followed for colleges and institutions is sure to result in a lack of variety and unnecessary waste.

The menu should be the basis for scientific buying. This means a definite control from the time food is selected in the markets until it is finally served to the patient or in the various dining rooms. Therefore the dietitian planning the meals should do the buying. She knows the esthetic appeal of the various foods, the chemical change secured in different methods of preparation, and the final biological results. She sees her week's menu as a whole and knows whether it would be wise or economical to substitute other cuts of meats or fruits or vegetables for those planned because of a temporary high price. Personal contact with the market men and dealers is of inestimable value for the dietitian, just as records are indispensible for growth and progress in the department.

THE RÔLE OF FRUITS AND VEGETABLES IN THE PREVENTION AND TREATMENT OF DISEASE

W. D. SANSUM

Santa Barbara Cottage Hospital, Santa Barbara, California

We believe that the lack of sufficient fruits and vegetables in the national dietary is undoubtedly the most important single diet error. Constipation and the various types of bowel disturbances that result from the improper use of cathartics are due primarily to the lack of these essential foods. Fruits and vegetables contain an adequate supply of all the mineral foods used by the body. They also contain all of the vitamins. The blood vessel and kidney diseases responsible for high blood pressure may be due to the lack of these common foods.

MINERALS, FOODS, AND HEALTH

JOHN A. MARSHALL

University of California Dental School

Mineral substances such as lime and phosphorus, in the form found in foods, have at least three important uses throughout life, but the need for them in the body is greatest during the periods of growth.

TEXTILE SECTION

SHOES

ETHELWYN DODSON

University of California

Do shoe selection and care of the feet have a place in our home economics education program? Is it applicable in home economics in our elementary and secondary schools and in our colleges and universities or is this problem sufficiently taken care of in physiology and physical education? Will the next generation have better feet than this?

Physiology deals with the bone, muscular and ligamentous structure of the foot and its hygiene. Physical education does the same with emphasis on the use and care of the feet. Home economists have the opportunity of correlating shoe selection with clothing selection. Demonstrations of good types and proper fitting of shoes could well be included. Feet and shoes could be scored at regular intervals. Through cooperation with the local doctors, shoe dealers, parent-teacher organizations, science and physical education departments, the home economics worker will secure valuable aid in carrying out this program.

OPPORTUNITIES FOR PLACING HIGH SCHOOL GIRLS IN COMMERCIAL POSITIONS

ELIZABETH JACOBSON

Tacoma, Washington

The objective for the teacher is to search out the natural abilities of high school girls in home economics classes, and to direct their work according to their capacity for development.

The two training fields in high school at present are home economics and business or commercial subjects. These two unite to make greater possibilities in commercial positions.

Opportunities in commercial positions are found in: department stores and shops, part-time work in smaller shops and factories for children's garments, stores where talent and ability in art, decoration, design, and handicraft are needed, factories where garments are made, homes where girls start their own small shops for garment making.

HOME ECONOMICS IN BUSINESS SECTION

WHAT HOME ECONOMICS CAN CONTRIBUTE TO THE SERVICE THE BUSINESS WORLD RENDERS TO THE CONSUMER

2. THROUGH THE SHOP

ELIZABETH WEIRICK

Sears, Roebuck & Company, Chicago

The shop, like other business enterprises, has been obliged to modify its merchandising methods to give satisfaction to its customers through intelligent service, truthful advertising, and helpful contacts. The great bulk of merchandise is purchased by housewives, most of whom have had little intelligent training in home management and rely on the shop for assistance. The home economist seems the logical go-between for merchants and housewives. That more home economists are not employed by shops is because merchants do not realize the service they might render. This is an opportune time for the American Home Economics Association to inform the business world by some forceful, impressive literature or clever method, what the home economics movement really is—its aims and its tremendous influence among women and children, the present and future patrons of business. Telling statistics could be used to show this. To be really useful to the shop, however, the home economist must understand markets, buying, salesmanship, and the merchant's point of view. A home economist might be used by a shop to raise the standards of intelligence and efficiency of its salesman, thus protecting the merchant against ignorant replies and poor advice to customers. A few shops already give their clerks such educational assistance. She might also aid the shop's professional buyers by giving them the housewife's point of view. The testing laboratories maintained in a few large establishments are another place in which her combined knowledge of manufacturing methods and household use is of service.

Another service the home economist might render the shop is to give expert advice to the housewives who cannot easily recognize the qualities of many lines of merchandise, or their suitability to their special needs. The home economics specialist can conduct for the shop a consulting and buying service, since she can know both the stock and the uses to which the goods will be put in the home. The shop's restaurant offers another field for home economics service.

In short, a well-trained home economics woman with imagination and a gift for service could make for herself a valuable place as a go-between in almost any large mercantile establishment. I want to place final emphasis on the fact that, in my opinion, your opportunity for service through the shop lies in making well known the fact that there is a group of home economists especially trained to be the medium between the merchants and the home keepers of the country.

4. THROUGH THE MAGAZINE

GENEVIEVE CALLAHAN

Meredith Publications, Des Moines, Iowa

The biggest service which the business world renders the consumer is to provide him with equipment for making life more comfortable and enjoyable. The electric power plant and the lamp factory sell light, not current and lamps; the furniture manufacturer sells comfort and beauty for the family in its home, and not merely wood and upholstering materials. True, in providing these comforts each manufacturer does make a profit. Business is not organized for altruistic purposes, but incidentally and as a matter of necessity, neither is it entirely selfish in purpose.

In helping the manufacturer to realize the needs of the consumer, and in educating the consumer to make the best use of each manufactured product, there is opportunity for home economics to render valuable service.

A business man said to me the other day, "I wish that home economics, through the Association—if that is the right way—could establish standards for all types of manufactured articles that go into the home. It would help manufacturer, consumer, and everyone concerned."

Numerous home economics women have been thinking along this same line. On the one hand, the consumer is urged to "buy the best," which is good advice to one whose training enables her to select the best. But it is futile advice for the large numbers of women who have only their own or their neighbor's hit-or-miss experience to guide them.

True, various manufactured products are constantly being tested in college laboratories. But what becomes of the findings of all these tests? Are they always to be veiled in the anonymity of reports on "Mr. X's toweling" or "Mr. B's cake flour?" One often hears of excellent laboratory tests being conducted on household appliances, foods, or

what not, but the results of such tests are literally kept in the dark, so far as the general public is concerned.

The problem, then, is not only to set up testing laboratories with certain very definite standards to which commercial products will have to conform in order to receive official sanction, but also to devise means of making the findings of the various tests public.

Some of the magazines have made a very good beginning by establishing testing institutes or proving plants for the service, primarily, of their advertisers. Woud it not be a good plan for the American Home Economics Association to carry the work still farther, and gradually work out acceptable standard for paring knives, fats, flours, vacuum cleaners, and other things that go into the American home? Could not the laboratories of the country exchange results, round-robin style?

From the viewpoint of the magazine, the big contribution that home economics can make toward improving the services rendered the consumer by the producer is to help make public the results of laboratory tests made on commercial products, and to set up standards whereby their worth may be judged.

HOMEMAKERS SECTION

A HABIT CURRICULUM FOR CHILDREN

LUCY STUDLEY

University of Minnesota

More and more the success of the home is being measured by the character of the people which it rears. If the home is considered as a habit clinic for the child, it may be able to make not only a larger but a more significant contribution to the child's development. Clinic implies at least two factors or conditions: first, the work of an active practitioner; and second, records.

Both parents are responsible for their children's development and, therefore, both should be active practitioners with all that this demands of appreciation and knowledge of the growth and development and behavior of children. As active practitioners, parents need actual knowledge not only of the care and behavior of children, but also how to make this information function in the family's daily life for the best interest of the child.

But the clinic demands more than intelligent, trained leadership. It needs records—actual facts regarding the "case." The practitioner studies his patient and keeps a record of his diagnosis. How many homes keep notes of their children's growth and development? The value of records in other phases of homemaking, especially budgets for the use of money and time, is being increasingly recognized. But records concerning the child—the most precious product of the home—are seldom kept. But what record shall be kept? That depends upon what information concerning the child is desired. Surely the most enlightenment is not too much for thoughtful parents.

Few data are available concerning the physical, mental, and social development of children of pre-school age. Here is an unique opportunity for parents to help not only themselves but other parents and those responsible for children. If we had accurate records giving this information regarding the development of children, we would have a fund of material of real worth.

Such material compiled from the study and observation of many children in their own homes would make possible the building of a habit curriculum, that is, a list of the habits which might be expected of a

child of a given age. Such records would have a definite social value to parents or those responsible for directing the care and behavior of children. But the first value of such records would be their direct assistance to the parents; a classified and complete record of the child's development would undoubtedly make more dynamic the interest of the parent in his own child, and as a result, promote the optimum development of the child, thereby making the home more successful.

THE RELATION OF THE HOMEMAKER TO THE AMERICAN HOME ECONOMICS ASSOCIATION

LITA BANE

Executive Secretary, American Home Economics Association

The Homemakers Section, composed as it is of trained home economists who are homemakers will, I believe, prove itself invaluable to the Association. The educational groups will welcome the assistance given by the homemakers in maintaining a balanced program tending to take into consideration the varied needs of the home. It is possible also for the homemakers to make valuable reports upon the results of practical application of the theories which they have been taught. We can look to them also for suggesting new phases of homemaking which should be included in the courses of study as the demands on the home shift and the emphasis changes. Particularly can the homemakers be of value to the extension group whose function is to promote education adapted to the needs of homemakers and research workers eager to know what investigations would be most valuable to the home.

To the women in business the organized homemakers can tell what they most want from the business world, for we are dependent upon the business world for the complete carrying out of our program. We teach our students that they should have whole cereals, vacuum cleaners, beautiful and serviceable textiles, but we must look to the business world to supply these things.

That the homemakers and the committee on economics and sociological problems relating to the home have common interests is indicated by the fact that they have scheduled a joint session at this meeting. I believe the example set by this committee is a good one and that other sections might profitably arrange for joint sessions.

BUSINESS MEETING

The Association met in business session August 1 and 4, with the president, Katharine Blunt, in the chair, and Alice M. Child serving as secretary pro tem.

An order of business was adopted.

The following business was transacted:

The regional representatives announced the appointment of the nominating committee. (See page 625.)

AMENDMENTS TO CONSTITUTION AND BY-LAWS

The following action was taken on the changes to the constitution and by-laws previously submitted by mail to all members of the Association:

Constitution, Article III: Add "but may join the American Home Economics Association only through their respective state associations where these exist and function." *Adopted.*

By-Laws, Article III, Section I, (5): Strike out "fifty dollars" and substitute "two hundred dollars." *Adopted.*

Article IV, Section I: Strike out "Members in Canada, Porto Rico, and other similar groups approved by the Council may affiliate with the same rights as states" and substitute "Groups of members in Canadian Provinces and in territorial and insular possessions of the United States may become affiliated with the American Home Economics Association with the same rights as states." *Adopted.*

Article VI, 3: Strike out "but executive committees of sections may provide special assessments and registration fees as requirements for enrollment and attendance at section meetings" and substitute "A section may raise special funds with the consent of the executive committee, but voting rights in the section shall not be dependent on special fees." *Adopted with addition* "of the Association" *after* "consent of the executive committee."

COMMITTEE REPORTS

Nominating. The following nominations were presented by Miss Zuill: For president, Katharine Blunt; vice-president, Lita Bane; secretary, Marie Sayles; treasurer, H. Gale Turpin; controller, S. Agnes Donham; councilor at large, Mrs. Mildred Weigley Wood; and for the three regional and two other councilors to be members of the executive committee, Margaret Edwards of the southern region, Anna M. Cooley of the Eastern region, Florence Harrison of the Inland Empire region, Alice F. Blood, councilor at large, and Bertha C. Prentiss of California.

Voted to instruct the secretary pro tem to cast one ballot for the nominees.

The secretary pro tem declared the nominees elected.

Resolutions. Report presented by Miss Whitcomb.

The American Home Economics Association hereby expresses its sincere appreciation and gratitude for the kindly welcome and many courtesies extended to it during this convention of 1925.

It wishes to recognize in particular the very efficient services of Miss Bertha C. Prentiss, general convention chairman, Dr. Agnes Fay Morgan, general program chairman, and the chairmen of all the other committees [see page 604] who have so generously and untiringly contributed to the success of this noteworthy convention.

It also desires to express its sincere gratitude for the valuable contribution made by the individual members of their respective committees as well as that of the self-appointed hostesses from California. The far-famed hospitality of California has in no instance been lacking.

The Association hereby thanks Mr. Linnard and Mr. McDonald, of the Fairmont Hotel, for the many thoughtful courtesies extended to the guests during the convention.

The Association expresses its appreciation to Dr. Katharine Blunt and her executive committee who have so successfully broadened the outlook for home economics and brought this year to such a worthy conclusion. Especially do we recognize the valuable services of our treasurer, Mr. H. Gale Turpin.

The Association thanks Miss Lita Bane for her conscientious services and expresses its regret in her retirement from the office of executive secretary. It wishes her unbounded success in her future work.

The Association urges all professionally minded members to support the official publication, the JOURNAL OF HOME ECONOMICS.

Inasmuch as the American Home Economics Association maintains a well-equipped headquarters with an able staff in the Mills Building, Washington, D. C., it urges all members of the Association to avail themselves of the privileges of this office.

Inasmuch as the United States Government is maintaining specific agencies to assist the American home, be it resolved that the American Home Economics Association give its whole-hearted support to the efforts of the Bureau of Home Economics and the Office of Cooperative Extension Work in the United States Department of Agriculture; to the Federal Board for Vocational Education; to the Bureau of Education; and to all other cooperating federal agencies. It is urged that all members take advantage of the excellent services rendered by these respective groups.

Inasmuch as the work of student club affiliation has progressed so remarkably during the past year, the Association wishes to commend the states for their work in this line and urge their continued efforts in this direction.

The Association urges the furtherance of work begun in foreign fields.

The Association hereby recommends the endorsement of the program of the legislative committee, including the Harding-Hughes-Coolidge World Court policy.

The Association congratulates the publicity committee upon the excellent beginnings made during the past year and lends every encouragement for the future.

The Association supports the program of the National Thrift Committee.

The Association supports all legislation for regulation of Child Labor as recommended by the Children's Bureau of the United States Department of Labor.

The Association pledges its sympathy and support, as far as possible, to the work of the Near East Relief.

The Association acknowledges the helpful and courteous assistance from the California Council of Education, California Convention and Tourist League, and the San Francisco Chamber of Commerce.

Report accepted and resolutions adopted.

Program of Work. Report presented by Miss Justin, chairman. Printed on pages 542 to 544.

Report accepted.

Voted that the executive committee appoint a committee to work out a program of child study representing all phases of child care and management as a fundamental part of all curricula which have as their aim training for homemaking and parenthood. (See page 627.)

Committee on Committees. Report presented by Miss Campbell.

In making its nominations, your committee, in addition to attempting to select those who are especially interested in the work of the particular committee, considered the following points:

1. At least one member of each committee, two if the committee is large, should be so located geographically that it is possible for the chairman to confer with her concerning the plan of work for the committee, thus decreasing correspondence and increasing efficiency of committee work.
2. If the committee is new and its work in the formative stage, the personnel of the committee should not be materially changed.
3. On those committees in which the duties are well defined, the personnel should be changed to a greater extent in order to increase the number of members contributing to the work of the Association.
4. In order to secure for the Association the service of younger members, we should have on each committee at least one person who is doing effective local work, though perhaps not nationally known.
5. Committees should represent a geographical distribution, somewhat proportional to the membership in the various regions.
6. All sections and interests of the Association and various private agencies, and all types of educational agencies, such as state universities and colleges, endowed institutions, city school systems, smaller school systems, extension service, and state and national education departments, should be represented on the committees.

The committee also conferred with such committee chairmen as are here, and with many Association representatives.

Report accepted. (For personnel of committees recommended and approved see pages 625 to 627.)

SECTION REPORTS

Institution Economics. Report presented by Miss Raitt.

The work of the Section has consisted in job analyses of food service institutions. A very successful one was made by Miss Beemis, of Michigan State College. Miss Grace Rust, of Russet Cafeteria, Buffalo, New York, presented an excellent study preliminary to a survey of job analyses in commercial cafeterias.

Organization. The following organization was adopted:

A. The officers of the section shall be a chairman, a secretary, and an executive committee consisting of the chairman, the secretary, and the chairmen of the standing committees.

The duties of the chairman shall be:

1. Planning with the assistance of her executive committee the section program for the annual convention.

2. Appointing a local representative at the place of the annual meeting to serve on the general program committee in case she herself is located at a distance.
3. Securing presiding officers for the various session meetings and luncheons at the annual convention.
4. Sending to the editor of the JOURNAL at the end of her term of office such committee reports from her section as she deems worthy of publication in the JOURNAL.
5. Appointing a program of work committee, and a nominating committee, before or at the first session of the Section at the annual meeting.
6. Correlating the work of the various committees of the Section.
7. Approving all expense vouchers before payment.

The duties of the secretary are those ordinarily pertaining to that office in similar organizations, as defined by Robert's Rules of Order.

The duties of the executive committee are:

1. Planning a budget which shall be sent to the chairmen of all committees within one month after the final session of the annual convention.
2. Conducting the business of the Section in the interval between meetings.
3. Making recommendations to the Section.

B. There shall be standing committees on membership and research.

The duties of the membership committee shall be to interest people in membership, to collect contributions, and to turn them over to the treasurer of the Association.

The duties of the research committee shall be to have charge of the research work of the Section, to compile results, originate and carry out new projects, and to recommend to the chairman of the Section the appointment of such sub-committees as may seem necessary to carry out the work of the Section.

It is recommended that each standing committee have at least one member holding over each year, with the understanding that the chairman of the Section be empowered to fill such vacancies as may occur.

C. The nominating committee shall nominate the chairman and secretary of the Section for the year, and present such nominations at the annual business meeting of the section.

D. The program of work committee shall survey the work of all committees, and make recommendations for the program of work for the coming year.

E. A copy of the budget and of the program of work shall be filed with the executive secretary of the Association.

Activities of the Section for 1925–1926. The following recommendations are made:

That the Institution Economics Section petition the executive committee of the Association for power to collect contributions, these contributions to furnish funds for the activities of the Section. A large part of this money shall be used to finance the work conducted by the research committee.

That a membership campaign be conducted through the state associations.

That the surveys already begun be completed and that recommendations for their use be made.

That work be done on the problem of standardized practice for record-keeping in food service.

That at least one speaker on a general program shall be from the field of institutional management.

Report accepted.

Food and Nutrition. Oral report presented by Miss Koehne.

Report accepted.

Home Economics Extension. Presented by Mrs. Maycock.

The program of work adopted by the Extension Section for 1925–26 is as follows:

1. Make further effort to secure one hundred per cent membership of extension home economics workers in the state and national associations.
2. Make special effort to have all extension home economics workers subscribe, personally, to the JOURNAL OF HOME ECONOMICS.
3. Continue to secure interest of homemakers, particularly those with home economics training, in the work of the Home Economics Associations, both state and national.
4. Secure more information concerning methods of presenting the field and scope of home economics extension work to home economics faculties and students and send a summarized copy of same to each state extension service.
5. Assemble information concerning methods of securing county cooperation in financing further development and extension of home economics extension work, through a special committee appointed by the section chairman.
6. Continue committee work in detailed study of the problems of research in relation to home economics extension work.
7. Provide an avenue of exchange so that there may be an interstate acquaintance of home economics extension activities done in the various states.
8. Urge all extension home economics workers to support the recommendations of the committee on home economics extension health education by serving as demonstrators of positive health in the food and health practices they recommend to others.
9. Recommend to the Cooperative Extension Service Office in Washington, D. C., that a committee be appointed to study differences in extension service terminology, and if possible clarify confusions and compile a reference book of accepted terms with discriminations.

The following tentative suggestions for consideration in regard to research in home economics by the Extension Section were presented by Mrs. Ruby G. Smith:

A. An Analysis of Existing Records. The records of a decade of experimentation with extension methods and policies throughout the United States should be studied, with a view to:

1. Codification methods that have survived experiment and secured results.
2. Possible extension of successful methods to other subject matter fields.
3. Wise use of time, money, and effort available in the extension service.

B. A Study of Extension Devices in Use

1. Teaching a comprehensive study of devices already utilized, demonstrations, lectures, conferences, home-study groups, local leaders' training classes, state and county house organs, exhibits and posters, tours, score card, etc.
2. Farm and home visits, office calls, correspondence, circular letters.
3. Other methods that have been less widely tried, of radio talks, telegraph and telephone (as in Weather Bureau Service).

C. Administrative Studies

1. A "job analysis" of the work of home demonstration agents, state specialists and administrative officers.
2. A study of college curricula in colleges offering training for the extension service, with a view to the adaptation of courses to the vocational needs of an extension worker.
3. Analytical studies while "in action" of those who are doing successful extension work.
4. Local leadership in organization, administration, finance, and in the teaching of selected subject matter.

5. Various kinds of membership and non-membership organizations.
6. Variety in state laws and methods of securing county appropriations.

D. Studies of Farm Home Conditions

1. Social and economic surveys of actual farm home conditions on the basis of which the extension program can be adapted to the needs of the farm women.

E. Some of the Available Sources of Data Regarding Methods in Relation to Results

1. Records, reports, publications and correspondence in all state offices of the Extension Service.
2. Files of the U. S. Department of Agriculture with specific reference to the national annual index to all county and state reports.

F. Study of Possible Sources of New Methods and Policies

1. Application of the principles of educational psychology, rural economics and sociology to the relatively new field of extension teaching.
2. The experience of the universities that are doing extension teaching in other fields than agriculture and home economics in order to see whether they might well be adapted to the Smith-Lever Extension Service.
3. The study of methods used in commercialized extension teaching and in business.

Report accepted.

Home Economics Education. Report presented by Miss Conley.

The program of work of the Section for 1924–25 was based on the fact that the Section realized the need for certain studies and investigations as a basis for re-evaluating and reorganizing home economics methods and curricula. It started a program of studies to provide objective evidence of present conditions in home and school which affect and influence homemaking and homemaking education. The work was carried out through four sub-committees on teacher training, classroom supervision, public school education, and research, respectively. The main lines of investigation undertaken by each sub-committee are as follows:

Teacher training. 1. Testing out principles formulated by the committee in 1923–24.

2. Studies of teachers' difficulties made by supervisors and teacher trainers.

Classroom supervision. 1. Evaluation of the specific contributions made by home economics to the public school education system.

2. Study of the place and time allotment of home economics in general education.

Both studies made by Miss Whitcomb.

Public school home economics education. 1. Investigation of present-day practices in homemaking in various types of homes and communities. Two investigations were undertaken: (a) Amount and kind of clothing construction carried on in the homes; (b) Amount of laundry work carried on in the home and under what conditions. Surveys carried on in California, Delaware, Indiana, Nebraska, Pennsylvania, New York, and Texas.

Research. 1. Study of methods of testing knowledge and instruction.

2. Formulation of tests, agreements on types of objective tests, and methods of scoring tests.

Program of work, 1925–1926. The Section recommends that the type of program started in 1924–25 be continued, and that studies and investigations be carried on in the home, the school, and the teacher-training institutions, to determine the needs of girls under actual living conditions in the modern home, the results of these studies and investigations to be used as a basis for reconstruction of courses in home economics in the grades, in junior and senior high schools, and in teacher-training courses.

The lines of investigations to be undertaken are:

I. Teacher training. 1. Continuation of the work of evaluating the "basic principles" formulated in 1923–24. 2. Investigation and analysis of teachers' difficulties. 3. Formulation of a course of study for methods and practice teaching based on above findings.

II. Public school education. 1. Making available for teachers and teacher-training institutions and others interested the findings of the clothing and laundry survey. 2. Continuing the studies of girls' activities in the home and the per cent of time devoted to each as a basis for curriculum revision. 3. Continuation of the study of objective tests and their uses in schools and teacher training institutions.

The following resolutions were passed by the Section:

1. That steps be taken to secure the use of adequate funds to assist the Education Section in the publication and distribution of completed investigations and surveys made by this section.

2. That the editor of the JOURNAL be asked to publish in full the report of the Denver survey on curriculum revision as presented by Miss Jones and the reports of the clothing and laundry surveys as presented by Miss Amery at the public school education round table.

3. That Miss Whitcomb of the Bureau of Education be asked to furnish a list of city supervisors to the chairman to the Education Section.

4. That the home economics representatives of the Federal Board for Vocational Education be asked to furnish a list of state supervisors and teacher trainers. That a list also be prepared of teacher trainers in endowed institutions.

5. That the attention of the above-mentioned groups be called to education articles in the JOURNAL.

6. That a request be made to have made available for the use of this Section reports of investigations carried on by teachers' colleges and other agencies which relate to public school education.

Report accepted.

Textile. Report presented by Miss Denny.

Accomplishments of the year: The textile section closed the year with a membership of 315 and a balance of $488.15 in the treasury.

The activities of the section have been carried on by ten committees whose complete reports are on file. The following are the committees and their chairmen:

Clothing classification, Mrs. Janet C. Thurston
Clothing contests, Lillian Peek
Commercial relationships, Sadie Swenson
Educational essentials, Clara M. Brown
Extension committee, Marion Tucker
Hygiene of clothing, Cora Irene Leiby
Membership, Marie Schrass
Publicity, Ruth O'Brien
Research, Ethel Phelps
Standardization, Rosamond Cook

Organization. I. The Textile Section of the American Home Economics Association exists for the benefit of those members who are interested in any phase of textiles and clothing.

II. The officers of the Textile Section are: chairman, vice-chairman, secretary, and treasurer.

Duties of the chairman: The chairman of the Section has the following duties, any of which she may delegate to other members of the Section:

1. To correlate the work of the various Section committees.
2. To keep Section members informed of activities through letters, by items in the JOURNAL OF HOME ECONOMICS, or by any other method deemed advisable.
3. To cooperate with other sections having similar interests.
4. To keep the president of the Association, the executive secretary, and the editor of the JOURNAL OF HOME ECONOMICS informed as to the activities of the Section.
5. To prepare for the annual meeting of the Association by appointing local representatives, cooperating with the local representatives in planning the program, appointing presiding officers for meetings and luncheons, and assembling records and submitting reports in accordance with the regular procedure of the Association.

The duties of the vice-chairman, secretary, and treasurer are those customary to such officers in any organization.

III. Membership in the Textile Section. Any member of the Association may become a member of the Textile Section.

Program of work, 1925–26. 1. The work of the ten committees now existing to be carried on during the coming year.

2. Consolidation of several committees having closely allied interests and aims to be effected in order to unify their activities.

It is proposed that the work be organized under the committees listed below, the chairman of each having the privilege of appointing her own committee members and of outlining the plan of work to be adopted. She shall submit lists of committees, plan, and a proposed budget to the Section chairman.

Committees for 1925–26. I. Membership; Marie Schrass, Purdue University, chairman.

The duties of the chairman of the membership committee shall be:

1. To approve state chairmen according to the approved procedure of the Association.
2. To stimulate interest in section membership by any means she deems advisable, after submitting plans to the state chairman.
3. To keep the card catalog of members up to date.
4. To submit reports and funds to the treasurer of the Section in October, February, and June.

II. Publicity; Sadie Swenson, Commercial High School, Springfield, Massachusetts, chairman.

This new committee is to include the work of the former committee on commercial contacts.

III. Clothing education; Clara M. Brown, University of Minnesota, chairman.

The proposed plan for this committee is that it shall include the work formerly carried on by the four committees on clothing contests, educational essentials, extension, and hygiene of clothing. The committee is expected to cooperate with other sections having similar interests, such as the Education and Extension sections.

It is proposed to consider the work under four general divisions:

1. Elementary schools
2. High schools, both junior and senior
3. Colleges and normals
4. Extension work, both junior and adult.

Under each of these the following points shall be considered:

(a) Subject matter—minimum essentials:

1. Textiles
2. Design and construction
3. Economics
4. Hygiene
5. Ethics and psychology

(b) Methods
1. Classroom
2. Clothing contests

(c) Measurement tests

IV. Research and standardization; Ruth O'Brien, U. S. Department of Agriculture, chairman.

This is a merger of two separate but closely allied committees.

The Section has under consideration the establishment of a research fellowship from a fund yielding a minimum of $300 annually. This fellowship is to be under the direction of the committee of research and standardization, and is to be administered by a board consisting of the chairman of this committee, the chairman of the Section, and the executive secretary of the Association.

The duties of the committee of research and standardization are:

1. To survey the field of textile research.
2. To recommend a specific research problem, either new or already under way, and the most able person available for carrying on the work.
3. To submit a definite plan of work through the chairman of the committee to the administering board.

The responsibilities of the board are:

1. To approve the type of project and the method of conducting the research.
2. To approve the choice of a fellow.

The date of the first appointment is left to the judgment of the administering board. Subsequent appointments may be made annually or at the discretion of the board.

Swatch collections. The committee on commercial relationships has endorsed the swatch collections prepared by Amory, Browne, and Company, for the use of teachers of textiles and clothing during the coming year. (See page 5.) This 1926 collection will be similar to the one gotten out in the spring of 1925, and will be valuable not only in showing spring styles in cotton fabrics but also in illustrating the principles of design and color. The Section heartily recommends its use to high school and college teachers.

Report accepted after the addition of this sentence to the paragraph on membership: "A registered list of members shall be kept, including those paying $1.00 toward the section fund, and those holders of graded memberships who designate that 20 per cent of their dues shall be paid to this fund."

Home Economics in Business. Report presented by Miss Fitzgerald.

During the past year, an effort has been made to carry out the program of work as adopted at the Buffalo meeting, which, being the first one adopted by the Section, has had as its first considerations the establishments of a permanent and conservative policy for the Section, and the finding of the proper relation of this section to other sections of the American Home Economics Association.

The office of the chairman has been a clearing-house between business firms which want to employ home economists and women who want to secure such positions. This work has involved considerable correspondence and personal interviews with business organizations in order to show the importance of employing trained home economists for business positions. Many members of the Section have assisted by talking before advertising clubs, home economics departments, and business concerns. During the coming year, the Section can well consider reaching all business organizations which have place for home

economists in their personnel, with a view to informing such organizations of the work of the Home Economics Association and the Home Economics in Business Section.

A particularly noteworthy development during the past year has been the increased interest shown by students of home economics in possibilities of work in the business field, as indicated by the number of questionnaires and inquiries which have come to the office of the section chairman. Studies are being made either by individual students, or, in many cases, as class projects to point out the vocational possibilities of home economics in business. The questionnaires and inquiries are in the section files, and could well form the basis of interesting study during the coming year, as well as a means of finding which parts of the country are most interested in taking up special training for home economics in business. More than six hundred letters have gone out from the office of the chairman on section business during the year.

After several conferences with members of the Section regarding the best procedure for the study of training for home economics in business, it was thought better to continue the collection of information from members as to what their needs had been for training in business and to supply information to department heads as to the need of special courses as electives for students who had definitely chosen to enter the business field. Several institutions are now ready to provide some special electives for women who expect to go into executive positions in business. A carefully selected committee from the educational field in cooperation with members of our own Business Section should begin a study of this problem this year so that recommendations regarding courses can be made to the Association.

Topics on the program at the San Francisco meeting were arranged and developed to form the basis for a program of work for the coming year. Many members of our Section realize that we need to standardize the service of home economics work from business firms. To do this effectively, home economics departments, extension divisions, and others who use the home economics service of business firms must insist upon and be willing to use only the best-trained people from organizations which are doing work that is unquestioned from an ethical and professional standpoint. It would seem that the principal efforts of the Home Economics in Business Section during the next few years should centre on a program to place the entire membership of our group on the highest possible professional level. By so doing we shall gain the increased confidence of all other phases of home economics.

The chairman wishes to give recognition here to Mrs. Barbara Reid Robson for her untiring efforts in the arrangement of the very splendid section program which we so much enjoyed at this meeting.

The increase in membership during the past year has been gratifying. The plan for a selected membership as provided in the standards committee report has worked out very successfully. The personnel of the membership committee, which passes on all applications for membership, has devoted a great deal of time to all applications submitted to them. Miss Carlson, the chairman of this committee, especially, because she must initiate all work done by her committee, has given very liberally of her time and thought in carrying out the work assigned to her. At Buffalo last year the total membership of the Home Economics in Business Section was 62. At the present meeting, the total membership is 148, an increase of 86.

The standards for membership have been so carefully drawn up and have worked out so successfully that our Section has a very well-defined professional group. The following figures concerning the amount of training may be of interest: 81.7 per cent have had at least a two-year course in home economics; 60 per cent of these have had four years or more of collegiate home economics training. Of the total membership of the Section, 10.3 per cent have had B.A. degrees with additional courses in home economics. Eight per cent have had less than two years' home economics training, but have supplemented this training by more than five years of successful experience in the business field before applying for membership in the Section. Applications for membership in the future will tend to raise

the percentage of people with college training in home economics. It is the recommendation of the section chairman that we do not increase membership except among those whose training and qualifications are up to the highest standard set by the standards report.

The present chairman has chosen to pass out of the business field into the field of homemaking, but it is with genuine regret that she gives up membership in the Home Economics in Business Section. She believes it most important that a conservative policy for the Section be continued. Home economics has scarcely found its place in the business field; yet its possibilities in that field are unlimited. Each member of the Section should continue to study her own work and the place that her work holds in relation to all other members of the Section. In this way each member of the Home Economics in Business Section can find her place in the business field and make this Section's contribution to home economics a very valuable one.

Financial Statement, 1924–1925

Cash:		
Budget allowance from Association		$25.00
Expenditures:		
Printing membership blanks	16.00	
Expense in arranging San Francisco program	6.76	22.76
Balance (reverting to treasurry of American Home Economics Association		2.24
Cash:		
Total free-will offering received at Buffalo, July 3, 1924	100.00	
Section share of special membership dues	7.00	
Contribution	2.00	109.00
Expenditures:		
July 4, 1924—Munro, Munson & Jenkins—Reporting and typing address of John Vander Vries	21.20	
August 1—Postage (Gudrun Carlson)	10.00	
August 5—Mary E. Keown—balance on expense of Mr. Vander Vries at Buffalo meeting	12.65	
November 5:		
Journal of Home Economics—300 reprints	8.47	
1,000 letterheads	8.00	
November 17:		
Martha Jane Phillips—clerical expense at Buffalo meeting	4.79	
Journal of Home Economics—100 reprints	3.00	
Expense of membership committee (Gudrun Carlson)	18.00	
Postage for correspondence of chairman and news letters (Louise (Fitzgerald)	15.00	101.09
Balance		7.91

Program of Work. The following was adopted for 1925–26.

1. That the Business Section further the policies and purposes of the American Home Economics Association.

2. That a concerted effort be made to increase membership in the general Association and subscriptions to the JOURNAL OF HOME ECONOMICS.

3. That we continue to encourage women doing a standard piece of home economics

work with business organizations to become affiliated with the Section, and in turn point out to business firms the importance of employing women with home economics training.

4. That we continue to extend information on the function of the Section to all groups within the home economics profession itself, and to business executives interested in the establishment of home economics work in their own organization.

5. That our Section serve as a clearing house of information on all phases of home economics in business, part of the work during 1924–26 to be the printing of a leaflet directory of the members of the Section and their connections, for selected circulation.

6. That we continue the study of special training necessary for home economics women in business by consulting with the president of the Association as to the best procedure in developing courses in institutions.

Report accepted.

Homemakers. Report presented by Mrs. Mildred Weigley Wood.

The major efforts of this section during the past year have been devoted to an attempt to complete the organization of a Homemakers' Committee or Section within each of the several states.

Two circular letters, one in November and one in April, were sent to all state presidents or to the chairmen of homemakers' sections where such had been appointed. In the first letter was enclosed a copy of the program of work of the section as it appeared in the JOURNAL for September, 1924. Special attention was called to the following points:

1. The need for closer cooperation between the homemaker with home economics interests and the American Home Economics Association, which it is hoped may be brought about through the Homemakers Section.

2. To bring about this closer relationship, a program of work was formulated by the Section, according to which each state was asked to determine the following:

(a) The part of the national program of work to be undertaken in each state.

(b) The parts of the program desired by each state upon which help or suggestions are needed.

(c) The method used by each state in handling problems which might be of interest to other states.

The new plan of membership was explained and attention called to the financial needs of the section.

The second letter called attention to the following points:

1. That 16 of the 48 states have either a Homemakers Section or have appointed a Homemakers Committee. These states are: California, District of Columbia, Georgia, Illinois, Indiana, Iowa, Louisiana, Michigan, Minnesota, Mississippi, Montana, Nebraska, New York, North Dakota, Texas and Vermont.

2. Cooperation with the "Better Homes" movement was outlined and urged.

3. The plans for the San Francisco meeting were described and each state was urged to be represented there by at least one homemaker. Several suggestions as to how this representation might be secured and financed were given.

4. Plans were described for cooperation with the JOURNAL OF HOME ECONOMICS in securing abstracts of articles on home management.

One permanent committee, of which Mrs. Gladys Becket Jones is chairman, has been appointed to outline ways in which the Association and the homemaker could cooperate to advantage.

Program of work, 1925–26. I. To perfect such an organization of homemakers in each state as will ensure a consideration of homemakers' interests by:

(a) Having at least one homemaker a member of the State Council or other governing body, or,

(b) Appointing a homemakers committee, or

(c) Both (a) and (b).

Such representation seems advisable even though the time may not be opportune for the development of a homemakers section in every state.

II. To urge the inclusion of a homemaker on all those state and national committees which are considering problems that are of interest to homemakers in their occupation or of value in keeping homemakers in touch with the Association that they may better cooperate with the Association.

III. To complete and maintain the state lists of home economics graduates who are homemakers. This is important if the Association is to be able to bring any problem to the attention of homemakers, since as yet an infinitesimal per cent of homemakers belong to the Association.

IV. To encourage subscriptions of homemakers to the JOURNAL OF HOME ECONOMICS by bringing to their attenton those articles in recent issues which have information of special value to them.

V. To urge colleges, universities, and other training schools to make a special point of bringing to the attenton of students their responsibility for continuing their membership in the Association after becoming homemakers.

VI. To secure the active cooperation of those homemakers who through their own home experience can supply specific information desired for the development of home economics.

It is recommended that plans be considered for releasing time of such homemakers to make this definite contribution.

VII. To urge the presentation in state association programs of subjects of particular interest to homemakers.

VIII. To further the interests of the homemaker in the American Home Economics Association by having at least one homemaker from each state at the annual meeting.

Report accepted.

Related Art. Report presented by Miss Patterson, chairman.

The chief activities of the past year were the work of the bibliography committee and the analysis of subject matter fields decided on at the Buffalo meeting and represented on the San Francisco program by three reports: Art in relation to textiles and clothing; house-planning and furnishing; art in correlation with meal planning and serving.

Miss Clark, chairman of the commttee on bibliography, reported that the bibliography, the preparation of which was decided on two years ago, was to be issued in September by the University of Chicago Press, in its Home Economics Series edited by Katharine Blunt, and that the proceeds of sales are to go to Related Art Section. The bibliography was compiled from replies to questionnaires sent to teachers of related art subjects throughout the country, and gives title, author, publisher, date of publication, price, and a brief annotation for each entry. Subscriptions of $1.00, or $1.10 with postage prepaid, may be sent through the officers of the Section or direct to the University of Chicago Press, University of Chicago.

It was voted that the three studies of subject-matter be continued as the basis of the program of work or 1925–26, and that copies of the three reports presented at San Francisco be sent to all section members in the form of reprints from the JOURNAL, if thus available, otherwise in specially printed or mimeographed form, and that a supply be made available for other interested teachers and homemakers. Discussion of the reports brought out the following opinion: "That more training in design and color theory, the history of art, applied design or the decorative arts of the household, both in the field of costume and of interior decoration and furnishing, is needed by teachers of home economics generally. A

very definite field for the application of art principles in teaching exists in connection with meal service and planning, just as it does in connection with house management, expenditure of income, etc. Many practical suggestions for teachers and homemakers were included in the papers, which it has been suggested may be circulated to interested persons."

In order to secure continuity in the work of this new Section and promote its growth, a more definite form of organization seemed desirable. It was voted to appoint an executive committee among whose functions should be to enlist the interest of new members and report progress once a month to the chairman and secretary.

The raising of funds by special membership fees was discussed but not adopted. It was voted that a larger appropriation be requested for 1925–26, and that a budget be prepared.

Need was felt for two business meetings of the Section, one to report the work of the year at the beginning of the convention and to discuss new work for the coming year, the second one at the close of the convention for final summaries, election of new officers, etc. The exhibitions which were held in connection with meetings August 1 to 4 were so much appreciated that time should thus be provided for such exhibitions to be prepared at future conventions.

Since, as indicated by its very name, a function of this Section is to render service to other sections, particularly to the Textile and Homemakers Sections, it would seem desirable to schedule their meeting and discussions to avoid conflict of hour, and it is suggested that representatives of the three sections meet together to develop a plan for correlating work and meetings.

It is further suggested that encouragement and publicity would be given to this new section by having a distinguished speaker from its field on a general program at the next annual meeting.

Report accepted.

(The officers elected by the various sections for the year 1925–26 are listed on page 624.)

NEW BUSINESS

The following petition was presented by Clara Miller:

To the American Home Economics Association:

We, the undersigned official delegates from student clubs affiliated with the American Home Economics Association, do hereby petition for recognition as a standing committee of student delegates in the American Home Economics Association to forward the work of student clubs.

Signed: Clara Miller, Oregon State College, *Chairman*
Gladys Prunty, Fresno State College
Ella Fay McCue, Iowa State College
Lois G. Jackman, University of Nebraska
Leonore Avery, Mills College
Josephine Morris, San Jose State College
Agnes Freyer, Framingham, Massachusetts
Edith Comstock, Santa Barbara, California.

Petition granted, with expression of gratification from the Association.

COUNCIL MEETINGS

The Council met on July 31, August 1, August 3, and August 4, with the following members present at one or more sessions: K. Blunt, *presiding;* L. Bane, K. Baldwin, S.A. Donham, F. Harrison, M.Edwards, M. Murchie, H. Thompson, M. Koehne, E. Conley, M. Wilson, L. Fitzgerald, M.W.Wood, M.Patterson, G.Denny; also state councilors or alternates as follows: Arizona, E. Wilson; Arkansas, M. T. Allen; California, I. Sunderlin; Colorado, M. Roudebusch; Delaware, E. Kelley; District of Columbia, M. Denton; Idaho, K. Jensen; Illinois, A. Hess; Iowa, F. Zuill; Kansas, M. Justin; Louisiana, J. Rice; Maine, H. Lockwood; Maryland, H. Rippard; Massachusetts, Q. Olliver; Michigan, L. Cooper; Minnesota, L. Studley; Montana, G. Branegan; Nebraska, B. Coon; New York, M. Sawyer; Ohio, M. Price; Oklahoma, K. North; Oregon, M. Morehouse; Pennsylvania, S. Wilson; South Carolina, A. Foote; South Dakota, G. Vincent; Tennessee, L. Tunison; Texas, B. Heflin; Utah, E. Lindquist; Vermont, B. Terrill; Washington, E. Raitt; Wisconsin, S. West; Wyoming, E. McKittrick.

It was voted to adopt an order of business for this meeting.

The following business was transacted:

The report of the vote of the Council obtained by mail during the spring of 1925, electing Marie Sayles to serve as executive secretary, was read and approved. (See page 605.)

The nominating committee chosen by the regional representatives was announced. (See page 625.)

Moved and seconded that in addition to nominations called for by the constitution, this committee present nominations for the positions of secretary, controller, treasurer and additional members of the executive committee. Motion amended to read "recommend candidates." Amendment lost. Original motion carried.

Voted that the president appoint the two members at large to serve on nominating committee.

REPORTS OF OFFICERS

Executive Secretary. Presented by Miss Bane.

The program of work has as usual guided the activities of the executive secretary.

Organization. Nevada and New Jersey continue to be the only two states as yet not affiliated. A growing interest is manifest among home economists in New Jersey and we have expressed our willingness to give all possible assistance should they decide to organize and affiliate.

Miss Cleora Helbing has resigned as regional councilor for the Southern Region and Miss Margaret Edwards has been elected as her successor.

Interest among Canadians has become sufficient, I believe, to warrant our revising our by-laws to make it possible for them to affiliate as provincial organizations. Their membership has increased from 13 last year to 21 this year.

Membership. Besides the members in Canada, we have one or more members in the following countries: Belgium, Australia, France, Turkey, England, West Africa, New Zealand, Alaska, and Porto Rico.

The memberships appearing in the secretary's report last year totaled 5995. After the report was made ten additional members brought the total to 6005. The total membership to date for 1924–25 is 6822, an increase of 817. The fact that our total increase during 1923–24 was 1645, and the preceding year was 2243, seems to indicate that we are either approaching the point of saturation, so to speak, or that we have been less active in our membership work during the past year. Whereas the average increase in membership per state in 1923–24 was 38, it was only 17 in 1924–15. Illinois leads in state memberships with a total of 585. California and Massachusetts follow closely with 546 and 537, respectively. New Mexico had the largest relative increase, from 9 to 21. Georgia holds second place, having increased from 54 to 123.

To date we have received for the coming year, 1925–26, a total of 855 memberships and $165 in graded membership dues.

The problem of a large turnover still seems far from solution. On January 1, out of 6005 members, 4217 were sent to the dead file because their dues for 1924–25 had not been paid. Of this number 1317 were restored, leaving 2900 persons who were members in1923–24 who are not members in 1924–25, or a turnover of 48 per cent. This is an increase of 5 per cent over last year's turnover. Our files at present contain 3105 old names and 3719 new ones. That the problem is general is indicated by the fact that in all states save three the turnover is 40 per cent or more. The exceptions are the District of Columbia and the state of Washington, which had only 26 per cent turnover each, and our hostess state, California, which had only 34 per cent. Perhaps they can help to solve the problem for the other states. This large turnover tends, I believe, to prevent the work of the Association from advancing as it might with a more stable group. The following table shows the membership increase:

TABLE 1

YEAR	STATES AFFILIATED DURING THE YEAR	TOTAL MEMBERSHIP	TOTAL INCREASE OVER PRECEDING YEAR	MEMBERS THROUGH NEWLY AFFILIATED STATES	INCREASE IN MEMBERSHIP THROUGH STATES ALREADY AFFILIATED	AVERAGE INCREASE PER AFFILIATED STATE
1921–22	16	2,117	949	1,718		
1922–23	25	4,360	2,243	1,877	317	20
1923–24	6	6,005	1,645	365	1,612	38
1924–25		6,822	817		817	17

Students Clubs. Club affiliations have been most encouraging. From a group of 42 affiliated clubs in 1923–24 we have grown to 184 clubs. Virginia and Texas compete for honors, with 41 affiliated clubs each. Alabama and Illinois hold second and third places, with 18 and 15 clubs, respectively. Figures for other states are: California 6, Georgia 6, Iowa 3, Kentucky 4, Maine 2, Maryland 1, Massachusetts 2, Michigan 7, Minnesota 3, Missouri 2, Montana 5, Nebraska 3, New York 5, Ohio 3, Pennsylvania 2, Rhode Island 1, Utah 10, Washington 2, Wisconsin 1; there is also 1 club at large which paid $25. Interesting reports of the club activities have been sent to the Washington office. While it is impossible

to include here any account of their work, it is worth noting that at a recent state meeting in New York 40 representatives of clubs were present and held their own group meeting. Several states reported clubs having sent representatives to state meetings.

Graded Membership. This has been the first year of operating under the graded membership plan. The results are shown in tables 2 to 6.

TABLE 2

Number of members and amount of dues in different grades

79 contributing	$5.00	$395.00
27 sustaining	10.00	270.00
13 supporting	25.00	325.00
3 life	50.00	150.00
Total		$1,140.00

TABLE 3

Amount of graded dues credited to sections

Food and Nutrition	14.00
Home Economics in Business	7.00
Textile	17.00
Home Economics Extension	7.00
Home Economics Education	9.00
Institution Economics	4.00
Homemakers	12.00
Related Art	3.00
Total	73.00

TABLE 4

Five states leading in amount of graded membership dues

Illinois	$285.00
District of Columbia	180.00
Minnesota	70.00
South Dakota	70.00
Montana	60.00

TABLE 5

Five states leading in number of persons paying graded membership dues

Illinois	17
District of Columbia	15
Texas	13
Minnesota	12
South Dakota	12

The budget provided for an income of $2000 from this source. We have fallen $860 short of this amount, the reason being, I believe, not so much a lack of interest as a lack of understanding of the purpose of the plan, which is intended to prevent our being compelled to increase annual membership dues.

TABLE 6

Graded memberships by states

STATE	CONTRIBUTING	SUSTAINING	SUPPORTING	LIFE
California		1		
District of Columbia	5	8	1	1
Idaho	5			
Illinois	6	3	7	1
Indiana		1		
Kansas	1			
Massachusetts			2	
Michigan	2	1		
Minnesota	10	2		
Missouri	4			
Montana	6	3		
Nebraska	2	3		
New York	7		1	
Pennsylvania				1
South Dakota	10	2		
Tennessee	1			
Texas	13			
Washington	3	2		
Wisconsin	1			
Wyoming		1		
At large	3		2	

Uniform membership blanks or cards were used for the first time this year. Most of the states have used the cards although all the information called for was not always given. The position of the individual was most often omitted. This was asked for in the hope of learning the interests of our members in order that we might better serve these interests. Perhaps another year will bring better results. In our opinion it is worth while to use the blanks another year before deciding whether we consider them successful.

Cooperation. Through meetings and conferences we have cooperated with the following organizations during the year: U. S. Bureau of Home Economics, Division of Simplified Practice in the U. S. Department of Commerce, National Research Council, Science Service, Land Grant College Association, American Red Cross, American Chemical Society, Better Homes in America, Near East Relief, Federation of Home Bureaus in New York, Association of Teachers of Elementary Cooking in New York City, American Economic, Sociological and Statistical Societies, National Society for Vocational Education, American Country Life Association, and member organizations of the Women's Joint Congressional Committee, Motion Picture Council, National Conference on Outdoor Recreation, and Organizations Associated for the Ratification of the Child Labor Amendment.

At the invitation of the National Education Association we conducted two round tables at their summer meeting held in Indianapolis. Miss Anna Cooley was chairman of the committee. An interested group of 106 persons attended the meeting on the first day and more than 150 the second day. Those in attendance were enthusiastic in their reports of the success of the meeting.

Legislative Work. Due to the fact that the closing session of this Congress was concerned with business not closely related to our work, there was less legislative activity than during the preceding year. I appeared at the meeting of the committee on agricultural appropriations to speak in behalf of the appropriations for the Bureau of Home Economics and again

at the Senate hearing in opposition to the Blanket Amendment, as well as joining with other organizations in attending the various sessions of the Senate when the Child Labor Amendment was discussed. The Association has been active in promoting the ratification of the Child Labor Amendment and is a member of the group known as the Organizations Associated for the Ratification of the Child Labor Amendment. I attended five meetings of this organization and four meetings of the Women's Joint Congressional Committee. Miss Atwater served as my alternate when I was in the field.

Upon the advice of Senator Fess, work in behalf of the Fess Amendment was held in abeyance pending the action of Congress on the Reorganization Bill which appeared on the calendars of both houses and which affected vocational education. The bill was not passed, however. The passage of the Purnell Bill, which implies that money will be available for home economics research at Land Grant Colleges, is worthy of note.

Requests were sent out to members of the Women's Joint Congressional Committee asking that they endorse or reëndorse the Fess Amendment and that they delegate someone to appear at the hearing before the Agriculture Appropriations Committee in the autumn to speak in behalf of the Bureau of Home Economics.

Office. On November 1 the offices of the editor and the executive secretary were moved to the 6th floor of the Mills Building, on Pennsylvania Avenue across 17th Street from the State, War, and Navy Building. While we regretted leaving the friendly atmosphere of the Grace Dodge Hotel, we realized the desirability of being nearer to headquarters of other organizations.

During the year we have received 2326 pieces of mail and sent out 3546 pieces.

I have sent twelve letters to state presidents, sending copies of one of these letters to members of the executive committee and to regional councilors and councilors at large, as a means of keeping them in touch with the work of the executive secretary.

A folder giving information regarding the Association and a condensed program of work was prepared jointly by the editor and business manager of the JOURNAL and the executive secretary.

An article entitled "What Makes a Good State Association" was written for the JOURNAL and reprints were distributed to state associations. Pamphlets containing information regarding child labor were sent to state presidents, a letter of welcome was sent to each affiliated student club together with the reprint from the Journal, "Suggestions for Student Clubs." In the autumn a letter was sent to all members of the Association who were not subscribers to the JOURNAL, urging them to support the JOURNAL. Assistance was given to the American Legion in preparing home economics suggestions to be sent to legion posts. A short article was written for a mimeographed sheet issued by the University of Nebraska Extension Service, and short articles were sent to various state news letters. A file of news letters has been maintained and copies sent to states preparing to issue news letters. In January a list of expired memberships was sent to each state.

Work in the Field. I paid official visits to 15 states and 2 provinces of Canada, meeting with state and regional associations, state officers, and student clubs. It was my good fortune to attend the Jubilee celebration at Kansas State Agricultural College, a thoroughly delightful occasion worthy of the long and valuable service of their home economics department.

In addition to meetings of our Association, I attended the annual meetings of the National Society for Vocational Education, American Economic, Sociological, and Statistical Societies, Mid-West Regional Meeting of Supervisors of Vocational Home Economics, New York Federation of Home Bureaus, American Country Life Association, Land Grant College Association, and investigated the possibility of our having a meeting in connection with the Sesqui-Centennial in Philadelphia in 1926.

Through receiving invitations to attend meetings, or requests for information and advice, we have made contacts with the Y. M. C. A., National Conference of Social Work, National

Council for the Prevention of War, American Legion, Service Star Legion, American Farm Bureau Federation, Food Products Institute, American Child Health Association, various commercial houses, chambers of commerce, libraries, social centers, hospitals, and a considerable number of educational institutions.

It is with genuine regret that I leave the delightful associations made possible by my position as your executive secretary. It seems a brief two years since Miss Sweeny gave me her help so generously and bade me God speed as I undertook the work she had begun so well.

I should like to pay tribute to our editor who has so patiently answered my endless questions and who has given me the fullest possible cooperation, to our splendid group of officers, and to the persons who, in the states, work tirelessly that the American Home Economics Association may prosper.

To the Association I should like to pass on a statement made in *Omaha City Planning* some years ago: "Make no little plans; they have no magic to stir men's blood and will not be realized. Make big plans; aim high in hope and work, remembering that a noble and logical plan will never die, but long after we are gone will be a living thing."

Report accepted.

Editor of the JOURNAL. Read by Miss Florence Ward for Miss Atwater.

During the twelve months just closed, the number of pages in the JOURNAL has been kept slightly lower than the previous year, the average per month (exclusive of the proceedings number) being 55 as against 61 in 1923–24. This reduction is due wholly to the necessity for keeping down costs; as far as available material is concerned, we could easily print 8 more pages of equally good quality. In most numbers we have carried five articles in the front of the magazine and three or four shorter ones in the Open Forum.

A part of the magazine to which special editorial attention has been given is "Books and Periodicals." This contains three general classes of materials: book notices, abstracts from periodicals, and notes and clippings. During the year we have listed 169 books, or about 15 a month. Of these 38 were mentioned without comment, 92 were briefly annotated, and 39 were reviewed more critically and at length. Abstracts from periodicals have appeared monthly, occupying about 2½ pages. Abstracts of technical articles on nutrition have appeared eight times and for all of them we are indebted to our advisory editor, Sybil L. Smith. Miss Smith, known to most of us as co-author with Dr. Sherman of "The Vitamins," is the editor for human nutrition of the *Experiment Station Record*, making all its abstracts on that subject, and the JOURNAL is extremely fortunate to be given the generous service of so exceptionally well-informed and experienced an abstracter. One installment of abstracts on each of the following subjects has also appeared: Textiles, by Miss Denny; Education, by Miss Zuill; and Homemaking, by Miss Gertrude Lynn. In the opinion of the editor, this service of abstracts from technical and professional periodicals might be systematized and developed into a special feature of the magazine if it seems practicable and desirable to the different groups concerned. "Notes and Clippings," as the name suggests, are gathered from exchanges, news releases, and correspondence. They expand and contract according to the space available, but ordinarily fill a little less than two pages. They admit a variety of items which are not likely to come to the readers' attention elsewhere, and which, although miscellaneous, are carefully provided with references to their sources.

The "News from the Field" section continues to grow luxuriantly. In fact, though there has already been drastic use of the editorial shears, even more pruning will be necessary, for we already tend to overrun our maximum of ten pages, and each month or two sees another state organizing its news-gatherers and sending in more news. As the news-gatherering becomes more systematized, we ought to develop standards for reporting which will lead to

more careful selection of items and more condensed statements. We now have 91 news-gatherers on our lists, and items are sent from each state every other month. The pages of the JOURNAL testify to their excellent, faithful work.

The plan of devoting two pages a month to the work of the various sections and committees of the Association has not so far proved a brilliant success. Though in a few cases it gave opportunity for chairmen to publish something of special interest or timeliness, there has been difficulty in obtaining a regular supply of copy. Perhaps conferences at this meeting will lead to a better arrangement.

The editor's correspondence has averaged about 8 or 9 incoming and as many outgoing letters a day. Perhaps one-third of these are directly concerned with material for publication, one-third with Association affairs, and one-third in answer to inquiries or with persons and organizations of kindred interests. We receive regularly at least half-a-dozen weekly journals, two bi-weeklies, perhaps fifteen monthlies, and half-a-dozen quarterlies. In addition come a considerable number of government bulletins and an increasing number of press releases and miscellaneous publications from a variety of sources. More instances are coming to our attention of references to and quotations from the JOURNAL in other periodicals.

In November, the editor attended a conference of editors of health magazines held in Detroit in connection with the American Public Health Association, and has come into friendly, informal relations with other editors, especially in Washington. The possibility of such contacts is one of the great advantages in Washington headquarters. In fact, the wisdom of combining the offices of the Association and the JOURNAL there grows steadily clearer; the editor profits greatly by her intimate relations with the executive secretary, and the uniform address suggests the unity of the whole work and makes it doubly easy for the public to consider the Association as headquarters for information on home economics.

Report accepted.

Business Manager of JOURNAL. Presented by Miss Baldwin.

The mail record of the Baltimore office July 1, 1924, to June 30, 1925, shows: incoming 17,453 pieces; outgoing, 40,174 pieces. This is exclusive of regular mailings of JOURNALS and programs. It includes 19,067 follow-up cards and letters to subscribers; 10,862 letters and printed appeals to prospects; and 823 advertising form letters.

The activities of the office have proceeded in the same general directions as those outlined last year.

Efforts to maintain and increase the circulation of the JOURNAL have been focused on the usual follow-up system and on appeals to those whom we could reasonably consider as live prospects, namely, members of the Association and others who are actively engaged in home economics work or who have shown an interest in it. Again we must report discouraging results. Of the 6824 members of the Association only 2088 are subscribers. The gain in regular subscriptions for the year is 156; the loss in student subscriptions, 103; making a net gain of only 53.

The advertising end of the work is no longer a venture but has established itself as a definite part of the financial support of our organization. The twelve issues of the JOURNAL, July, 1924 to June, 1925, carried 269½ pages of paid advertising, or 54 pages more than the preceding twelve issues. The space sold for advertising has been approximately thirty-seven per cent of the space used for text matter. The receipts for 1924–1925 will equal $10,119, which is $1919 more than the receipts for 1923–1924 and $6442 more than the receipts for 1922–1923 (or about 2.8 times as much). We estimate that the advertising receipts practically cover the cost of printing the JOURNAL, leaving the cost of editing, managing, and distributing to be covered by subscription receipts.

With $8000 (gross) worth of advertising contracts already in our hands for 1925–1926 we enter the new year with a financial assurance such as we have never before enjoyed.

Report accepted.

Treasurer and Controller. Presented by Miss Donham, controller.

The report of the treasurer is important. Please read it carefully when you receive your proceedings in the October JOURNAL. You can work for the Association more intelligently if you have the financial situation clearly in your mind. Within the last year, at least four of our section and committee chairmen and one vice-president have shown by their actions or said frankly that they were not aware of certain definite facts plainly stated in the treasurer's and controller's report last year. There are times when your controller feels like a voice crying in the wilderness and without even the winds to hear.

During the past year there have been months when the current income has seemed inadequate for the demands, and an anxious-eyed controller has scanned the monthly report from the treasurer with an awful fear that our surplus must be drawn upon. Usually the cash receipts were sufficient to cover the current expense and a breath of relief indicated the fact that one more month had passed without financial disaster.

That we have carried the increased budget of last year, met the cost of executive secretary without a special fund, and closed the fiscal year with a slight surplus is a matter for great satisfaction and almost a miracle, considering the small gain from graded memberships and our large transient membership. Home economists are gaining a sense of professional solidarity, and an increased professional consciousness as individuals, but our annual membership loss is still disastrously heavy. We suffer from the fact that individuals not sufficiently aware of the importance of the national body and its potential power, drop their membership with every change of position.

The American Home Economics Association is not financially strong and cannot become so until its members acquire a keener sense of its importance to them, and home economists outside the Association have wider vision of the possibilities which a professional organization holds. Unless we are willing to support the Association adequately, we shall find it losing power and opportunity for professional development. We must make our members feel that once they become members they should remain members and adopt a motto: Every home economist a member of the American Home Economics Association.

Comparison of the treasurer's report of June 31 with the budget for last year shows that while the total receipts were less than we anticipated, the expenses were fortunately also less. Loss in income was due to the fact that registration fees, memberships, and JOURNAL subscriptions failed to reach out budget estimates. The one item of income which largely exceeded our anticipation was that of advertising. Reduction in expense came from various small economies and the great drop in expected cost of JOURNAL printing and distribution. If we had met every expense for the year from current income, drawing nothing from surplus, and had had no next year memberships prepaid, we should have closed the year with a balance of $41.80.

Let us analyze the receipts. Total receipts, including $478.00 in prepaid memberships, were $482.00 less than we anticipated, while the total expenditures, except $480.00 authorized from surplus, were $1,380.00 less than the budget.

Advertising income went $1,638.00 ahead of expectations, and incidental receipts exceeded the budget by $750.00. Subscriptions yielded $1,233.00 less than we had hoped for, while registration fees were $600.00 less than anticipated and membership dues failed to reach the estimate by $1,056.00.

The returns from memberships were as follows:

6,407 annual members at $1.00 each	$6,407.00
186 student clubs and organizations affiliated at $3.00 and $5.00 each	562.00
79 contributing members at $5.00	395.00
27 sustaining members at $10.00	270.00
13 supporting members at $25.00	325.00

Of this $73.00 was allocated to the sections. We had hopefully budgeted $2,000 from that source. These figures indicate a definite need for more intensive work on graded memberships and subscriptions, if we are to meet an increased budget for 1925–26.

The rent in Washington was increased in November and the $300.00 saved on the executive secretary's salary during her absence on leave without pay in August was transferred to the rent allowance in order to cover the difference. A new clerical assistant in Washington was of necessity paid more than her predecessor. As this was a routine expense, it was allowed without authorization from the council, and even with this increase the total amount spent for clerical assistance did not exceed the budget.

Postage has overrun its apportionment, but the total of office expense is within the budget, except for the rent adjustment mentioned above.

The field work has approximately $600.00 to spare. Study of these expenditures shows clearly that the president, as well as members of committees and sections, is endeavoring to carry whatever charges are possible without calling upon the Association funds.

The executive secretary exceeded her very inadequate travel allowance by a small amount and the president and controller authorized its payment from the contingent fund. The other large expense from this fund was a portion of the amount due for an important affiliation not planned, but desirable.

At its first meeting of the year in Buffalo, the Council authorized payment from the surplus of items amounting to $333.15.

At Indianapolis, the surplus was again drawn upon by authorizing the purchase of equipment for the new office in Washington.

Our surplus June 30 was $7,357.05. To this we may add $493.42, the net gain for 1924–25, giving a possible surplus July 1 of $7,850.47.

In order to balance the budget for 1925–26 and to meet a part of the traveling expense of the controller at this meeting, the council has already authorized payment from the surplus of $595.00 on the new budget. We thus have available a surplus of approximately $7,255.47 at the present time.

The special funds listed in the treasurer's report do not come within the scope of the controller's authority. The signature of the controller is required for payment of any bills from these funds, a formality necessary to simplify procedure for the treasurer and to guarantee to him the right of the various chairmen to draw upon these funds. This system is involved and often troublesome. I suggest a general conference between section and committee chairmen and the controller, with the idea of simplifying the methods and reaching a better understanding of the whole situation.

This year there is in the special fund an item of $200.00 which was received from the Chicago women of the Home Economics in Business Section as a gift to the Association with the request that it be used toward paying the expense of the controller to this meeting. The controller wishes to make grateful acknowledgment of their thoughtful generosity and hopes that the Association will appreciate the spirit in which the gift was made, even though the benefit goes to one individual.

Another item worthy of special comment is the gift of $100 from the Illinois Home Economics Association to the American Association.

During the year we have made some improvement and progress in our methods. A new and more satisfactory form of voucher has been in use. The monthly reports of the treasurer now include all expenditures and receipts in connection with special funds. A portion of the surplus has been added to the savings account, and is earning more interest.

We have established the precedent of appropriating an amount sufficient to meet the cost of secretarial help for treasurer, recording secretary, and controller, and a portion of their travel expense when funds allow.

Previous to this year, several accounts were balanced on the books and only the net credits or debits reported. This year the report shows the gross debits and gross credits

and the net gain or loss in every account, except that for JOURNAL reprints, is easily determined. This report thus gives a more definite idea of the actual expense of running the Association.

The question of financing the sections is still a matter of grave and insistent importance. The combination of small budget allowance of $25.00 and special funds allocated from graded memberships or raised by the sections, is confusing and troublesome. Work of the sections should develop steadily, bringing trustworthy results of special work to the members in such form that they become part of our subject matter, available to the profession as a whole. Until this is true we are leaving one of our greatest sources of strength untapped.

There is need of establishing a policy regarding our surplus. The margin upon which we work is so small, the receipts upon which the budget is based are so uncertain that failure to receive the expected amount from dues, subscriptions, or advertising might, in any one year, wipe out the greater part of this fund.

I respectfully suggest that we establish a policy of maintaining at least $6,000 surplus as an emergency fund which may not be drawn upon except to meet deficits in estimated receipts.

I further recommend that any surplus above this sum be put to work by enlarging the budget possibilities, applying it to the use of the sections, or holding it as a reserve fund for emergencies or plans for which the executive committee may see fit to authorize its use.

I recommend that any section or committee with special need for funds be permitted to submit constructive plans of work to the executive committee and petition that committee for an appropriation from this surplus, and that the executive committee be authorized to grant these appropriations, if, in their judgment, the value of the work warrants the amount requested.

I recommend that the amount of $478.00 received during 1924–25 for 1925–26 membership fees be added to the membership fees which will be received during the current year.

I also recommend that the remainder of the operative balance for the year 1924–25 be added to the surplus.

The accompanying budget (see page 584) which has been approved by the executive committee, is for the current year 1925–26.

In presenting this budget I wish to commend upon some of its provisions. Even with income estimates increased liberally, we were obliged to plan upon the use of some of our surplus if we were to balance the budget.

We must meet the cost of more adequate and efficient clerical service, higher rent, increased postage, and larger traveling expense than last year.

We cannot again expect incidental income and advertising receipts to exceed estimates sufficiently to make up for deficits in subscriptions and membership fees. This year we have made high estimates for advertising, as well as for dues and subscriptions. The best budget principle requires that we estimate expenses at the probable maximum and income on the possible minimum basis. In order to carry on our work, we are forced to plan on a basis which is directly contradictory to this.

Because of this we are giving to our workers and our officers a grave responsibility. They must pay our bills. We should feel an individual responsibility regarding the income which they receive for that purpose.

You may be interested to know the result of a letter sent to the chairmen of sections and standing committees asking for estimates on the amount necessary for their work next year. The committee chairmen with one exception asked for more than ten dollars, saying that amount was totally inadequate for constructive work. With well-trained docility, the chairmen of sections almost unanimously asked for what they knew they were likely to receive, twenty-five dollars, explaining at the same time that clerical assistance is now generously contributed by some school, college, or business organization. At any time the progress of

PROPOSED BUDGET FOR 1925–26

Expenditures

Salaries:			
Executive Secretary	$3,600		
Editor	3,600		
Business Manager, JOURNAL	2,600		
Clerical—Washington	3,400		
Clerical—Baltimore	2,400		
Treasurer, Auditor, Bond	210		
		$15,810	
Office:			
Rent and storage	1,010		
Printing and stationery	750		
Telephone and telegraph	225		
Postage	1,000		
Operating, supplies	400		
Equipment	300		
		3,685	
Field Work:			
President, travel	375		
President, operating	200		
Executive Secretary, travel	1,300		
Editor, travel	475		
Business Manager, travel	300		
Controller, travel	150		
Controller, operating	25		
Recording Secretary, operating	50		
Sections and Committees	250		
Meetings	1,200		
		4,325	
Printing and distribution, JOURNAL and *Bulletin*	16,200		
Advertising	200		
Affiliation dues and other expenses	75		
Contingent fund (discretion of president and controller)	100		
		16,575	
			40,395

Income

JOURNAL subscriptions	17,500	
Membership dues	9,000	
JOURNAL advertising	10,000	
JOURNAL incidentals	300	
Registration fees	3,000	
Deficit from surplus	595	
		40,395

a section may be entirely stopped by the inability of a newly-elected chairman to obtain the clerical assistance necessary for even the routine work of the section.

The sections would, if adequately financed, be able to plan for progress, and how such progress is to be paid for. The present appropriation of twenty-five dollars hardly provides postage for an active section, and, for the rest, they are dependent upon other resources than those of the Association budget.

The exceptionally fine record in advertising receipts this year warrants an unsolicited increase in salary for Miss Baldwin. The change from an advertising solicitor paid by commission, to our own business manager, has been a fortunate one for us. Miss Baldwin has amply justified our confidence in her, and earned this mark of our appreciation.

No items except the contingent fund are less than last year. Most of them would have increased more had we estimated the expenditures as generously as we did the receipts.

When it comes to plans for work, there is no limit to the possibilities. We may be thankful for officers and chairmen with a vision, even while that vision calls upon us for great effort to finance its realization.

Treasurer's Report

Trial Balance June 30, 1925

	Debits	
Salaries:		
Executive Secretary	$3,300.00	
Journal Editor	3,600.00	
Business Manager	2,500.00	
Clerical—Washington	2,916.17	
Clerical—Baltimore	2,104.73	
Treasurer and Auditor	200.00	
		$14,620.90
Office:		
Rent and storage	$898.50	
Printing and stationery	664.76	
Telephone and telegraph	199.21	
Postage	952.89	
Operating supplies	435.07	
Equipment	252.05	
		3,402.48
Printing and distribution of Journal and *Bulletin*		15,378.00
Field Work:		
President—operating	$61.86	
President—travel	99 19	
Journal Editor—travel	213.54	
Business Manager—travel	124.00	
Executive Secretary—travel	999.55	
		1,498.14
Meetings:		
Program and publicity	$392.84	
Operating	29.97	
Registration	248.27	
		671.08

Other Items:			
Committees and sections		$172.11	
Affiliation		50.20	
Advertising—1924–25		176.29	
Advertising Commission—1923–24		282.46	
Contingent fund	$94.50		
Exchange and excess payments	3.61		
		98.11	
Cash:			
Not deposited	$10.63		
Baltimore Trust Company	5,754.79		
	$5,765.42		
Baltimore Trust Company, Savings Account	3,866.51		
Life Membership	290.00		
Miss Baldwin	25.00		
Miss Atwater	25.00		
		9,971.93	
Special Items Authorized from Surplus:			
Committees and sections, 1923–24	$24.75		
Secretary, operating	27.31		
Equipment	95.00		
		147.06	
Travel—Controller	$52.13		
Travel—Recording Secretary	216.42		
Travel—Clerk	64.60		
		333.15	
Withdrawn from Section Funds:			
Textile Section	$160.18		
Food and Nutrition Section	53.14		
Business Section	36.00		
Education Section	7.53		
Homemakers Section	9.50		
Institution Economics Section	10.41		
Richards Memorial Fund	18.29		
		295.05	
			$47,096.96
	Credits		
Income Account:			
Convention registration		$1,407.00	
Membership dues		7,945.33	
JOURNAL subscriptions		16,770.15	
JOURNAL reprints and numbers		386.98	
JOURNAL advertising		10,038.85	
Gift to general fund, Illinois State Home Economics Association		100.00	
Executive Secretary Fund		171.25	
Patterns		8.30	
Interest		248.80	
Advertising, 1923–24		246.06	

Special Funds:		
Miss Donham—Special Travel	$200.00	
Life Memberships	440.00	
Richards Memorial Fund	319.17	
Section Funds:		
Business	$43.91	
Extension	7.00	
Education	9.00	
Food and Nutrition	288.75	
Homemakers	12.00	
Institution	100.59	
Related Art	3.00	
Textile	537.81	
Constantinople fund	75.75	
Surplus	7,837.26	
		$47,096.96

INCOME AND EXPENSE, JULY 1, 1924 TO JUNE 30, 1925

Receipts

Registration Fees	$1,407.00	
Dues	7,845.33	
Gift from Illinois State Association	100.00	
Subscriptions	16,770.15	
Copies and reprints	386.98	
Advertising	10,038.85	
Patterns	8.30	
Advertising, 1923–24	246.06	
Interest	248.80	
Executive Secretary fund	171.25	
		$37,222.72

Expenditures

Salaries		$14,620.90	
Office		3,402.48	
Field Work		1,498.14	
Meetings	$671.08		
Printing and distributing JOURNAL and *Bulletin*	15,378.00		
Advertising, 1923–24	282.46		
Advertising, 1925	176.29		
Exchange and excess payments	3.61		
Contingent	94.50		
Affiliation dues	50.20		
Committees and sections	172.11		
		16,828.25	
			36,349.77
			$872.95

BALANCE SHEET, JUNE 30, 1925

Assets

Cash—Baltimore Trust Company	$4,023.49		
Cash—Baltimore Trust Company (Savings Account)	3,866.51		
Cash—for various funds	1,741.93		
Cash—life membership	290.00		
Cash—Miss Baldwin	25.00		
Cash—Miss Atwater	25.00		
			$9,971.93

Liabilities

Life Memberships	$440.00		
Richards Memorial Fund	300.88		
Miss Donham—travel	200.00		
		$940.88	
Section and Special Funds:			
Business	$7.91		
Extension	7.00		
Education	1.47		
Food and Nutrition	235.61		
Homemakers	2.50		
Institution	90.18		
Related Art	3.00		
Textile	377.63		
Constantinople Fund	75.75		
		801.05	
Surplus July 1, 1925	$8,545.67		
Added June 30, 1925	872.95		
		9,418.62	
Special Items Authorized:			
Equipment	$708.41		
Equipment	95.00		
Committees and Sections	24.75		
Secretary, operating	27.31		
Travel—Controller	52.13		
Travel—Recording Secretary	216.42		
Travel—Clerk	64.60		
		1,188.62	
		8,230.00	
			$9,971.93

RICHARDS MEMORIAL FUND, JUNE 30, 1925

Cash—Savings Department, Baltimore Trust Company		$2,693.35
Second Liberty Loan Bonds 4¼ C	$350.00	
Second Liberty Loan Bonds 4¼ C	1,500.00	
Third Liberty Loan Bonds 4¼ C	550.00	
Fourth Liberty Loan Bonds 4¼ C	350.00	
		2,750.00
First mortgage loan, 5½% due 2–23–27, on property, F. L. Washington, 443 Waverly Avenue, New York		3,000.00
		$8,443 35

Reports accepted, and recommendations of controller discussed and approved.

The following authorization for the assignment of U. S. bonds was passed.

Resolved, that H. Gale Turpin, treasurer of the American Home Economics Association, is hereby jointly and severally authorized and empowered to sell and assign the following United States bonds registered on the books of the Treasury Department in the name of, or assigned to the American Home Economics Association:

Title of Loan	*Serial Number*	*Denomination*	*Form of Reg.*
Second 4¼s	438191	100	To be changed for coupon bonds
	438192	100	
	438193	100	
	49850	50	
Fourth 4¼s	546801	100	
	546802	100	

And it is further resolved, that any and all assignments of the above-described United States bonds, heretofore or hereafter made by the above-named officer, are hereby ratified and confirmed.

COMMITTEE REPORTS

Executive Committee. Presented by Miss Harrison, secretary pro tem. (See page 608.)

Report accepted.

Voted that at the annual meeting to be held in Minneapolis, 1926, a trial be given of the policy of allowing commercial exhibits.

The following statement was presented by Miss Donham, in connection with the recommendations regarding cooperation with the Division of Simplified Practice, U. S. Department of Commerce.

The Division of Simplified Practice was established in 1921 in the Department of Commerce by Mr. Hoover, to act as a centralizing agency in bringing distributors, producers, and users together for the purpose indicated in the following summary of Mr. Hoover's introduction to the subject:

"The primary duty of organized society is to enlarge the lives and increase the standards of living of all the people.

"We assume that advancement in living standards are brought about by new and basic inventions.

"A larger field for advancement is found in the steady elimination of economic wastes.

"These wastes combine to deduct from the goods and services which we might enjoy if we could eliminate them.

"The necessity of high wage level requires that cost of manufacture and distribution be reduced to the lowest possible point.

"This can be done through elimination of waste arising from too great diversification of styles, sizes, types, and patterns in certain basic products.

"This leads to a need for increased equipment and skill to accumulation of large stocks which turn slowly, and to unwieldy competition.

"Many manufacturers and distributors favor cooperation for simplification and standardization.

"The saving in national effort already runs into millions. There is still a large area untouched. The application of waste elimination measures may well save billions."

Cooperating action has been offered by the Chamber of Commerce of the United States, the American Engineering Standards Committee, and a Planning Committee appointed by Mr. Hoover.

The Division does not command; it invites the study of the subject. Individuals or groups of producers, distributors, and users may make use of the services of the Division, which acts by inviting the other two parties in the triangle to a conference, and then by promoting the recommendation which representatives have mutually agreed upon.

They use a standard system of procedure:

1. Publicity, telling what simplified practice can and has accomplished.
2. Choosing a competent representative to act in making a survey of present practice.
3. Arrangement for conference in which all concerned are invited to participate in formulating recommendations.
4. Distribution of the conference recommendations.
5. Selling the advised changes by letters and interviews.
6. Publicity, by issuing bulletins.
7. Follow up resurveys, periodic reviewing conferences, repeated publicity, and education.

All of these things the Division stands ready to do if either user, producer, or distributor requests its services.

The Division does not dictate or attempt to determine or suggest the type of simplification an industry should adopt. It does attempt to act as a catalyzer and by its presence and contacts accomplish reorganization and improved standards of practice. The Division has under way many surveys and conferences which affect industry and business in general. It has also many which affect the lives, work, and income of homemakers very materially. To mention a few only: cans for fruits and vegetables; boxes for gloves, hosiery, and underwear; cotton fabric colors; furnace parts; grocery bags; food containers; heaters; rubber heels; screw drivers; women's ready-to-wear sizes.

They have already assisted in adjusting the principles of simplification to the manufacture of electric lamp basis, reducing the varieties from 179 to 6; 37 types of attachment plugs were reduced to 1; one food manufacturer reduced varieties of his product 89 per cent, his sales force 79 per cent, advertising 78 per cent, overhead 80 per cent, and increased his sales volume 600 per cent by the practice of the principles of simplification.

It is not alone a problem for the producer. A hotel man simplified purchases for his chain of hotels, by reducing 30 styles of china to 10, 15 carpet designs to 3, many patterns of table linen to 1, with a resulting annual saving of $100,000 and a reduction of rates to customers.

The Division says definitely that it has several surveys under way, each of which will come within our professional interest. Mr. Hudson, the chief of the Division, writes:

"Before any of these simplifications are finally adopted, we should like to submit to recommendations to a representative committee of the American Home Economics Association for it to review. We would also be pleased to have such a committee to whom we could look for representation at the general conferences we hold when the final simplified practice is developed and adopted."

Mr. Hudson writes again to the editor of the JOURNAL: "I believe if you would ask your readers to supply you with a list of the items which cause them the greatest trouble and inconvenience by reason of their over-diversification and lack of interchangeability, you would obtain a surprisingly long list. Further, if you would furnish us with a summary of suggestions thus obtained from the American Home Economics Association, it would provide us with a very strong approach to the manufacturers of those items, with the view to obtaining their coöperation in simplification."

Voted that the president and executive secretary appoint a committee to cooperate with the Division of Simplified Practice, Bureau of Standards, U. S. Department of Commerce. (For personnel of committee, see page 627.)

REPORTS OF COMMITTEES

Council for Vocational Education. Report read by the secretary pro tem. in the absence of Miss Blood, chairman.

Mr. Dennis, temporary chairman of the Council, called a meeting in Indianapolis on December 12, when the National Society for Vocational Education met. The three representatives of this Association were all present. The business consisted of the election of permanent officers: John N. Greer, president; L. H. Dennis, vice-president; Alice F. Blood, secretary-treasurer. Tentative plans were laid for a second meeting to be held in Cincinnati in February at the time of the meeting of the department of superintendents of the National Education Association. It was suggested that at this meeting an effort be made to secure the attendance of the officers of the Western Arts Association and the Eastern Arts Association. It was regretted by your representatives that more business was not transacted at the Indianapolis meeting because none of them felt that they could attend a second meeting so soon.

A meeting was actually called in Cincinnati with members of both the Western Arts and the Eastern Arts Associations as well as members of the societies already affiliated in attendance. This seems to have been considered an informal meeting. No minutes were kept but Mr. Greer reports that considerable progress was made toward good feeling. None of your official representatives were able to be present, but Mr. Greer reports that a number of members of our Association attended the meeting.

Report accepted and committee continued.

Legislative Committee. Presented by Mrs. Widtsoe, acting chairman.

Due to the fact that the closing session of the last Congress was concerned with business not closely related to our work, there was less legislative activity than during the preceding year.

Upon the advice of Senator Fess, work in behalf of the Fess Amendment was held in abeyance pending the action of Congress on the Reorganization Bill which appeared on the calendars of both houses and which affected vocational education. The bill was not passed, however.

The passage of the Purnell Bill, which implies that money for research in home economics will be available to Land-Grant Colleges, is worthy of note.

Active work was carried on throughout the year in behalf of the ratification of the Child Labor Amendment.

The Association also had a part in attempting to secure adequate financial support for the Bureau of Home Economics.

Your committee recommends:

1. Continued support of the Fess Bill, Bureau of Home Economics, and the ratification of the Child Labor Amendment.
2. Active work on the part of home economists to realize the fullest possible benefits to home economics from the Purnell Bill.
3. Endorsement of the:
   (a). Harding-Hughes-Coolidge World Court.
   (b). Education Bill in the form adopted on June 18, 1925, at a conference of the legislative committee of the National Education Association and the representatives of other organizations supporting the measure.

Report accepted.

International Committee. Presented by Mrs. Norton.

The International Committee has accomplished its different tasks with varying success. One of its important duties has proved to be the dissemination of information in regard to different types of foreign work. News items and reports have been sent to the JOURNAL from time to time. The chairman of the committee has spoken before several clubs, among them the Home Economics Clubs at the University of Vermont, at the University of Chicago, and Indiana University. One high school teacher, at her request, has been put in touch with a number of foreign schools, and her students have carried on an active correspondence with home economics students in these colleges, adding much to the interest of their own club.

Miss Milam has secured most interesting letters from China, Japan, and Korea, giving details of the work in several schools and lists of schools where work is conducted, and Miss Winslow has obtained a full account of home economics instruction in Italy, that was translated for us from the original French by her sister. A summary of this as well as the letters from the Far East will appear in the JOURNAL.

Though not directly the work of the committee, mention should be made of the fine work of the School of Home Economics in Oregon Agricultural College in raising a $1,500 scholarship to support a Chinese girl in that college, and in raising $50 scholarships for work in China.

Miss Murphy has been an active member of the committee both in keeping us informed of the progress of work in Constantinople, and in accomplishing some special tasks, such as the visiting of the orphanages in Greece, outlining courses in home economics for the children and organizing their work and securing the translation of Dr. Devine's "Economic Function of Women" into Turkish, Bulgarian, and Greek.

Mrs. Avery has been especially active in raising money for the Constantinople fund through the Virginia clubs, who have responded to the appeal with much enthusiasm. These clubs have also contributed $30 for sending the JOURNAL to the foreign libraries of Jerusalem University, the English-speaking Union in Sofia, Bulgaria, and Canton Christian College, China, in response to requests. It is hoped that this may be the beginning of a JOURNAL fund for foreign circulation.

The most important task of the committee has been the most difficult—that of finding some one to fill the position at Constantinople College from which Miss Murphy has re-

signed on account of her marriage. The college demands high qualifications in its teachers in regard to training, experience, and personality, and cannot afford what would seem adequate compensation for such services. It is no light matter to give up a good position without the assurance of returning to an equally satisfactory one after an absence of three years. The woman who goes out must not only have something of the missionary spirit, but something of the spirit of adventure as well, and an appreciation of the opportunity for travel and for broadened experience that is offered. She must also be free from such family responsibilities as would forbid her long absence.

After careful consideration of several candidates, both by the committee and the New York office, Miss Ethel Stilz of Indiana University, who is teaching this summer at the University of Chicago, has been appointed.

The committee urges that our international contacts should be increased and developed in every possible way. The clubs especially should be encouraged in any interest they may have in furthering work in other countries as well as in Turkey and these interests should be enlarged. We also urge that the Association continue its assistance in the support of a teacher in Constantinople College. The following recommendations are offered:

1. That the Association authorize the raising of $1,000 a year for three years toward the support of a professor of home economics in Constantinople College.

2. That the appeal to the home economics clubs, authorized last year, be continued, with special reference to adding to the equipment and library of the department in Constantinople College.

Report accepted. Action on recommendations deferred until after report of Richards Memorial Fund should have been heard.

Richards Memorial Fund Trustees. Presented by Miss Justin in the absence of Miss Winchell, secretary-treasurer.

The financial report of the Ellen H. Richards Memorial Fund as prepared by Mr. H. G. Turpin, Treasurer of the American Home Economics Association, is as follows:

ELLEN H. RICHARDS MEMORIAL FUND CASH ACCOUNT

Balance June 30, 1924			$2,120.58	
Donations, 1925:				
April 7	Stella Mather	$1.10		
	Household Arts Club, Chicago	25.00		
17	Southeastern High School	10.00		
	Home Economics Club, Temple University	10.00		
	Simmons College, Home Economics Club	25.00		
22	State Normal School, Farmington, Me.	10.00		
			81.10	
Interest on Liberty Bonds			77.56	
Interest on New York Mortgage			165.00	
Interest on account to December 31, 1924			43.13	
Balance May 1, 1925				$2,487.37

INVESTMENT ACCOUNT

Mortgage	$3,000.00		
Second Conv. Liberty Bond	1,500.00		
Second Conv. Liberty Bond, Reg.	350.00		
Third Liberty Bond	550.00		
Fourth Liberty Bond	150.00		
Fourth Liberty Bond, Reg.	200.00		
		$5,750.00	
			$8,237.37

Since the report was compiled by Mr. Turpin, additional checks have been received: one from Dr. Robert H. Richards, for fifty dollars, representing royalties on Mrs. Richards' books; and other contributions and interest on Liberty Bonds to June 30 make a total of $8,443.35.

The trustees have been happy in the award of the scholarship of $300 for 1925–26 to Miss Juliet Lita Bane, who will study next year at the University of Chicago.

It is their hope that in the near future the fund may be increased to an amount the income from which will warrant the granting of at least one additional scholarship.

Responding to the authority granted them at the Buffalo meeting last June, the trustees have launched an endeavor to increase the fund to the original goal, $25,000. It seemed unwise to institute this plan until the executive secretary fund was completed and the Constantinople fund had made its appeal. Therefore it was not until early in March, 1925, that specific action took place. At that time all the high school and college home economics clubs were approached with a direct appeal for funds. The directors of the department of home economics in all land-grant colleges and state universities and many privately endowed institutions were also notified of the proposed plan and their interest invited.

Although the financial returns have not been great, there has been a response. The contributions resulting from this appeal amount to one hundred and thirty-six dollars. It is the hope of the trustees that the year 1925–26 will bring a further response.

The trustees will gladly welcome suggestions for attaining the original goal of $25,000. The secretary-treasurer of the trustees makes bold to propose that a committee be appointed by the American Home Economics Association to develop a program toward this end.

Report accepted.

Voted that a committee be appointed by the president to consider raising money for the Richards Memorial and Constantinople Funds and report before the close of the present meeting. (See page 625.)

Research. Read by the secretary pro tem. in the absence of Miss O'Brien, chairman.

The research committee is composed of the chairmen of the research committees of the various sections, or, where these do not exist, of the chairmen of the sections.

The chairman this year has interpreted the work of the committee as being to encourage and assist sectional research activities where possible, and, on request, to assist research being conducted by members of the Association; to coördinate similar projects and develop coöperative researches when they have been requested or where they seemed especially desirable. It has been deemed impracticable to publish a list of researches now in progress, as was done formerly. The outstanding research activities of the Association may be summarized as follows:

The Food and Nutrition Section committee has made a study of the preparation required for advanced research in food and nutrition in home economics departments in schools and

colleges offering such work, and plans to compare these requirements with those made for graduate work in other college subjects. The committee is also collecting the titles of all theses on food and nutrition and the abstracts of those that have not been published.

The Home Economics Education Section has made a number of surveys of home sewing and home laundering in connection with their study of present-day practices in homemaking. It is regretted that this action was not known in time to coördinate it with similar efforts of the extension committee of the Textile Section.

The Home Economics Extension Section has recently appointed a representative on the research committee and is discussing at this meeting the fields of research which are legitimate for their consideration.

In the Institutional Economics Section, a committee has been making job analyses of residence hall, lunch room, and cafeteria management, and another committee has made a survey of the practice field for students in training for institutional work.

The Textile Section, through its research committee, is continuing its work of developing a standardized method for testing textile materials. The extension committee of the same section has coöperated with the Textile and Clothing Division of the Bureau of Home Economics is extending the survey made last year on home sewing and also in a project on the standardization of fitting processes. The standardization committee of this Section has continued its study on the wearing qualities of sheeting in cooperation with the American Hotel Association and the National Laundryowners' Association.

The Home Economics in Business Section has done some investigational work on the special courses in home economics curricula which will train women for business positions.

The Art Section has had three committees representing both related art and home economics. They have been working on the following subjects respectively: "Correlations and home projects possible between art and classes in home management and home planning," "Correlation between art and meal planning and serving," and "Correlation between art and textiles and clothing."

The Homemakers Section has had no research committee, but has cooperated with other research projects where possible and has had a member on the new standing committee of the American Home Economics Association on Social and Economic Problems of the Home.

The standing committee on Social and Economics Problems of the Home circularized interested members to find out what research was being done, and has planned two conferences on research at this meeting.

The chairman has furnished bibliographies and information concerning similar work being done whenever such requests have reached her. Plans have been discussed for assisting Miss Atwater in the development of bibliographies for the JOURNAL. The chairman spoke at the research conference held in connection with the meeting of the American Association of Land-Grant Colleges held in Washington in November, and assistance was given Dr. Morgan in connection with the program of the general research conference being held at this meeting.

The following recommendations are made:

1. To accept the invitation extended by the U. S. Bureau of Home Economics to all directors of research in home economics departments to submit copies of unpublished theses to the library of the Bureau. This would make it possible to accumulate a valuable collection in a central place from which information concerning such unpublished material could be disseminated.

2. To combine proposed surveys wherever possible, in order that a long-suffering public may be relieved from the present deluge of questionnaires and yet valuable material of the survey type obtained. To coördinate such work of the Association, it is recommended that copies of questionnaires which it is proposed to send out in the name of the Association be referred in advance to the chairman of the research committee.

Reported adopted. First recommendation accepted after being amended to read "executive secretary of American Home Economics Association" in the place of "U. S. Bureau of Home Economics." Second recommendation not accepted.

Home Economics in Health Education. In behalf of the sub-committee on health education in colleges and universities Miss Koehne reported a survey of the situation in many institutions throughout the country.

In behalf of the sub-committee on the contributions of home economics extension, Miss Birdseye presented a report summarized in the following recommendations.

1. That in the training of home demostration agents and of home economics students in general, emphasis be laid upon the health application of the subjects included in the curriculum.

2. That in this training an effort be made to include as much as possible of the subject matter of normal diagnosis and of work leading to an intelligent understanding of posture and posture training. It is suggested that the latter might be accomplished through an extension of the work already required in physiology and in physical training.

3. That the Extension Section of the Association be urged to include in its program of work for 1925 the following recommendation:

To the end that state and county extension agents may be living demonstrations of positive health and of the health practices they recommend the others, it is urged that each state:

a. Impress its agents with the duty of so regulating their hours of work and rest that they conduce to healthful living, and with the duty of living up to the food habits standard taught in the state.

b. Urge upon each agent the importance of a thorough-going health examination each year, and take steps to provide such an examination at the institution free of charge, wherever possible.

Social and Economic Problems of the Home. Presented by Miss Kneeland.

During the first year of the committee's existence, its main efforts have been to develop a group interest among the various workers in the field and to provide opportunity for joint discussion of research studies. To these ends it has arranged two conferences, one at Chicago at the annual Christmas meetings of the economists, sociologists, and statisticians, and the other at the present San Francisco meetings.

The Christmas conference was limited to one dinner meeting, at which thirty-five persons were present. The reports which were made on research under way did not call forth a fruitful discussion, but the meeting undoubtedly paved the way for a more worth-while program at the 1925 Christmas meetings to be held in New York. The committee feels that it is highly desirable that we keep in touch with the economists and sociologists interested in standards of living and other home problems, and hopes that the joint Christmas meetings will be continued.

The present conference includes three meetings, one on reports of the results of studies already undertaken (held in coöperation with the Homemakers Section), one on problems

and methods for future studies, and the third a group luncheon. It is the hope of the committee that these meetings will aid in some measure in the selection and coördination of problems and methods of research during the coming year, a year which promises to mark the beginning of a new era in the study of the economic and social problems of the home.

In preparation for these Christmas and summer meetings, letters were sent out in November and May to persons known to be interested in this field of study. In these the "news" concerning the work of the committee was given and a blank enclosed for reporting research studies underway or contemplated, ability to give a report at the meetings, and suggestions for the work of the committee. The mailing list for these letters has been built up and revised during the year, and at the present time covers about two hundred names, including economists, sociologists, and social workers as well as home economists.

In addition to the programs and letters, the committee has contemplated the preparation of a selected and annotated bibliography to appear two or three times a year in the JOURNAL. It is hoped that during the coming year this bibliography will be started.

Report accepted.

Publicity. Presented by Miss Bane.

Since it has not been possible for the publicity committee to have a meeting this year, we have had to depend upon correspondence for getting our work under way.

In November the chairman sent to each member of the committee a letter containing a digest of suggestions made in reply to a questionnaire which had been sent out the preceding year. These suggestions were as follows:

1. To make contacts with various avenues of publicity, and provide them with valuable home economics information or direct them to sources of such information. Trade, farm, and education journals and other periodicals have been suggested.

2. Prepare suggestions for publicity committees in states, indicating both matter and method of work.

3. Prepare list of speakers on home economics subjects, to be made available to cooperating organizations.

Each member of the committee was asked to undertake a part of this program as her share of getting home economics before the public.

Four brief articles were prepared for trade journals which were suitable for publication in toto, or which might suggest the various angles from which the subjects might be approached. Copies of these articles were sent to 41 different magazines—bakers', grocers', and canners' publications, papers dealing with restaurant and hotel management—in general, publications concerned with food products and the various supplies and equipment used in the home. Replies were received from 19 publications. All of these showed a friendly interest, and several indicated that one or more of the articles would be published. *The Retail Baker* published all articles just as submitted.

Letters have been sent to a number of editors of publications having home economics departments and in some instances personal contacts have been made with these editors. Most of them expressed especial interest in the homemakers section, giving as their reason that their readers belonged to this class. Suggestions for state publicity committees have been collected and will be sent out to the committees in the autumn.

Announcements of our summer meeting and of the round tables in connection with the National Education Association were sent to a number of educational journals and to organizations with which we have made contacts during the year. One gratifying reply to these notices was a request from the *Bulletin* of the Pan-American Union to be allowed to reprint the program of our annual meeting with 750 words of introduction prepared by the editor of the JOURNAL OF HOME ECONOMICS, as a means of showing Pan-Americans the scope and content of home economics as it is practiced in the United States.

An information folder telling of the organization of the Association and giving a résumé of the program of work for 1924–25 was prepared and given wide distribution.

The attention of state presidents was called to certain items concerning the Association which might profitably appear in their news letters and they were requested to take advantage of radio talks to give publicity to home economics meetings. Reprints of "Suggestions for Student Clubs" were sent to the state associations and they were so much in demand that before the close of the year another printing was necessary. Large numbers of reprints of the program of work were distributed, a considerable number going to other organizations. Copies of an article entitled "Why you should be a member of the American Home Economics Association" were sent to many state associations.

Science Service was requested to include the names and photographs of prominent home economists in their available list of "Leaders in Science." They have agreed to do so in their next edition. Marked copies of page proof of the JOURNAL OF HOME ECONOMICS are regularly sent in advance to Science Service, since articles thus called to their attention are more likely to receive publicity. Occasionally such advance notice is also given of individual articles or items likely to be of interest to other special periodicals. If a wider program for general publicity should be adopted, this method could be easily and cheaply developed.

The design contest furnished opportunity for bringing the Association before educational, health, and similar journals. Copies of the statement drawn up by the committee were sent to twenty-four editors. Exactly how many used the material we do not know, but cordial acceptance was received from some half dozen, and several others sent copies of the issue in which the items appeared, most of them relatively important journals.

In a field so large, charting the work of such a committee is not an easy task, but the committee believes we have made some progress this year and that plans and policies will gradually evolve as we have more experience, and that this committee will soon be in a position to render very valuable service to the Association and the interests of home economics.

Report accepted.

Award of Ellen H. Richards Scholarship. Read by the secretary pro tem. in the absence of Miss Winchell, chairman.

The Committee on Award takes pleasure in announcing that the Ellen H. Richards Graduate Scholarship of three hundred dollars has been awarded for the year 1925–26 to Miss Juliet Lita Bane.

The Committee was sincerely gratified by the fine caliber of the candidates. It is hoped that in the future the Ellen H. Richards Fund may be increased to an amount which will warrant the granting of two scholarships from its income.

Miss Bane received the degree of Bachelor of Science from the University of Illinois in 1912, and the Master of Arts Degree in 1919, at the University of Chicago. Her plan for the coming year is to register at the University of Chicago the first of October, entering the department of home economics and household administration and taking much of her work in economics and sociology under the guidance of the department of home economics. She hopes also to take some work with Dr. Charters in the college of education. The object of her study is to gain information and develop a point of view regarding the place of the home and family in our present social and economic order to the end that she may more intelligently select subject matter and guide the training of persons already engaged in homemaking who wish to fit themselves better to discharge their responsibilities. Her purpose in studying education is to secure assistance in problems related to adult education in home economics. She hopes to fit herself for training extension workers, teachers of evening classes in homemaking, and other persons carrying on more or less informal

education, also to teach survey courses in home economics open to all college students. She feels that both services are needed and that her training and experience should contribute toward fitting her for this particular kind of work. It will probably not be possible for her to make plans more definite than these until after she has entered the university.

Report accepted.

Standards of Home Economics in Colleges. Read by the secretary pro tem in the absence of Miss Richardson, chairman.

Your committee has spent the year in gaining information as to the way other standardizing committees have proceeded, the personnel of their committees, the character of the studies undertaken, and the method of financing.

Excerpts from the Proceedings of the Society for the Promotion of Engineering Education, which contained a statement as to the plan of organization of the Engineering Committee, was sent to all members of the committee. They were asked to discuss this study with deans of engineering or others of their acquaintance interested in investigations of this kind.

Your committee has also been in touch with the Executive Committee of the Association of Land Grant Colleges, who, it was understood, was contemplating making a study of the present status of home economics and agriculture in the Land-Grant Colleges with possible recommendations for future development. Such a study seems to be a part of their plans, but the details have not yet been perfected.

The chairman got in touch with Dr. W. W. Charters and discussed the plan of study somewhat. Through the president of our Association the plan was discussed with Dr. Judd. Both of these educators feel that the time is ready for some evaluation of home economics work.

The chairman of your committee made contact with Mr. Laurence K. Frank of the Laura Spellman Rockefeller Memorial Foundation with the hope that we might interest that foundation in a study which would cover the following five points:

1. Is the curriculum in home economics satisfactorily meeting the four major objectives of education?
2. Does the home economics curriculum successfully prepare for the vocations for which it offers training, such as those of homemaker, dietitian, institutional manager, teacher? The study should include a survey of the demands of these vocations and an evaluation of home economics training in the light of these demands.
3. Methods of teaching.
4. College organization—what plans provide for the best development of home economics?
5. Research in home economics. What are the important fields and how can they best be developed?

As is indicated above, the committee has no definite achievement to report. It is recommended that the committee be continued for another year in the hope that some definite progress toward outlining and financing a survey may be made.

Report accepted and committee continued.

Design for Association Seal. Read by the secretary pro tem for Miss Goldstein, chairman.

The following report is submitted by the committee which was appointed at the New Orleans meeting to make plans for a contest to select a design for a seal or device to represent the Association:

In November, 1924, an announcement stating the terms of the contest was sent to state supervisors of home economics, to departments of art and home economics in colleges, universities, normal schools, and high schools; and to art schools. These notices also were published in educational magazines.

One hundred and fifty-nine designs were submitted. Although many of them possessed excellent qualities, none seemed to the committee to warrant the awarding of the prize. In none was there a balance of the qualities which it was hoped would be combined in the seal for the Association, for no single design possessed, to a sufficient degree, the combination of a suitable idea, beauty, good technique, and the possibility of successful reproduction.

The committee wishes to express its appreciation to those who submitted designs.

Report accepted and committee continued.

Relation to National Education Association. No report.

Graded Membership. Presented by Miss Branegan.

The amount to be specified for life membership in the American Home Economics Association was not agreed upon at the 1924 meeting but referred to a committee for further consideration. One member of the committee felt that the sum should be $250, that is, large enough for the income from the money invested to equal at least a sustaining membership. The other member of the committee felt that a smaller sum, $100, would be better, as it would make a much larger number of such memberships possible. Therefore, we recommend a compromise figure, $200, for your consideration as the dues for life membership.

Report accepted.

Requirements for Membership. Presented by Miss Branegan.

At the 1924 convention of the American Home Economics Association, a committee was appointed to study the desirability and probable effect of definite requirements for membership, and to report at the 1925 meeting.

Preliminary correspondence confirmed the opinion that this problem is one of importance and of far-reaching consequences, and should be studied from every angle before any action is taken. It was agreed that the function of this committee would be fulfilled by securing accurate data concerning the experience of similar organizations, by presenting the problem to the various state associations and sections for discussion and recommendation, and by giving a full report of findings.

The question is really whether or not we should go on as a large loose organization open to all interested in the home, or whether the interests of home economics would be better served by a small group with similar professional training experience or other qualifications.

The problem took form as the result of restrictions found desirable in one section, that of Home Economics Business, and in one state Association, New York. In each of these cases, while definite standards for membership are set up, there is a committee which has power to make exceptions so that the plan is flexible. Some feel that these regulations place the American Home Economics Association in a curious situation, since persons who cannot obtain membership in the above-named section or state association can secure membership with full privileges in the parent organization.

Questionnaires were sent to twenty-one organizations suggested by the members of the committee to learn what membership requirements they had found best suited their purposes. Replies were secured from seventeen: the American Dietetic Association, the American Library Association, the American Nurses Association, National Council of Teachers of English, American Sociological Society, American Bar Association, American

Public Health Association, American Federation of Arts, National Education Association, American Chemical Society, American Society of Biological Chemists, American Association for the Advancement of Science, American Physical Society, American Society of Mechanical Engineers, American Institute of Electrical Engineers, American Institute of Architects, and American Institute of Mining Engineers. The membership varied from 282 in the Association of Biological Chemists to 130,000 in the National Education Association, and the national dues from 50 cents to $25 per annum. Most of the higher-priced memberships included subscriptions to publications.

The aims fell into two general classes,—promotional and professional. The qualification for membership and other points of organization in each case depend upon which of the two general objectives is considered more important. In general, the organizations emphasizing the promotional feature have no qualifications for membership except interest in the objects of the organization and they usually have the larger membership and smaller fees. There were six in this group: The American Library Association, the American Public Health Association, the Federation of Arts, the National Education Association, the Association for Advancement of Science, and the National Council of Teachers of English, and two of these limit the voting and office-holding privileges, the Public Health Association to those actively engaged in the work, and the Association for Advancement of Science to those elected as fellows. While the National Education Association has no qualifications for general membership, the organization is composed of seventeen sections, three of which have separate membership requirements, fees, and department publications; however, any individual must belong to the parent association before he can join any section.

The other eleven organizations indicated that they have definite requirements for membership and their numbers are recruited through recommendation of members, through state and local organizations, or by direct application from the individual. Most of them include certain promotional and educational activities for those outside their membership, but their main purpose is to serve the needs of their own members by establishing and maintaining standards in their respective fields of work, furnishing directories, issuing membership cards, initiating and supporting investigations, and conducting employment services. One organization which does not include a journal subscription in its dues grants subscriptions to members for one dollar less than to outsiders. Some of the societies require an initiation fee as an aid in maintaining a more stable body of members.

The practices of the organizations studies would suggest several alternatives open to the American Home Economics Association, should a change be deemed advisable.

1. A broad basis of membership such as we now have but with definite recognition of the right of sections and states to set up their own membership requirements and fees when the provisions of the general association prove inadequate for their needs.

2. Specific requirements for active membership but with provision for associate membership for those interested, but not meeting the requirements for active membership. Associate members would have neither voting nor office-holding privileges.

3. A plan similar to 2 but with no provision for associate memberships. This would exclude those interested but not meeting the requirements, and would result in a lowered membership and call for higher dues.

4. Minimum requirements for all members, but provision for different grades of membership by electing to fellowships members who have standard amount of training and who have achieved a certain degree of success in one phase of home economics work. The fellows would pay higher dues, cast the votes, and hold the offices of the Association. This is the plan followed by the American Physical Society, American Institute of Electrical Engineers, the American Public Health Association, and the American Association for the Advancement of Science.

A second questionnaire was prepared and 250 copies were sent to state presidents, section chairmen, and others closely identified with the work of the Association.

All but 10 of the state associations have been heard from. Of 37 states reporting, 31 indicated that they were opposed to setting up membership requirements at this time, while five, New York, Indiana, Mississippi, Texas, and Kansas, reported in favor of specific requirements.

Two past presidents of the Association, Miss White and Miss Sweeney, feel very strongly that restrictions on membership at this time would be disastrous. Miss White writes: "We have been working for a long time in the Association and are now beginning to reap the results, and any movement which tends to exclude interested workers would seem very unwise under present conditions."

One state president says: "It seems to me we have had no difficulty in securing members of high standing for our organization. In our state no unworthy candidates have tried to become members." Another writes: "I fail to see why the national Association should be embarrassed by a particular rule of a section or requirement of a state association." On the other hand, Florence Winchell, president of the New York State Association, says: "A high and definite standard, instead of lessening numbers, has been found to increase them. I think from our experience in New York that difficulties with a high standard of membership are imaginary. I have sensed nothing but increased pride in our members."

Many have felt it difficult to express opinions upon the question of requirements for membership without knowing what these requirements would be. When attempting to formulate a workable list of qualifications, the chairman has been conscious repeatedly of the need for a more definite statement of the aims and objects of this Association. It did not fall within the province of this committee to attempt such a statement, so no list of qualifications was deemed possible at this time.

A number of suggestions concerning requirements were made on the questionnaires, all of which would fall under one of the four plans outlined earlier in this report. However, all seemed to agree that care must be exercised not to exclude valuable people, and those who have made real contributions to the program of home development without the regulation home economics training. That is, the plans would need to be somewhat flexible and not retroactive.

The probable effect on the homemakers section of the various state associations seemed to deserve serious consideration. For some time the fact has been recognized that the Association needs the active interest and coöperation of actual homemakers. A Homemakers Section was recognized at the Buffalo meeting, and it would seem unfortunate to hamper its development at the very start. On the other hand, if a change is to be effected, some feel that it would be better to make it now before these sections are developed in the various states. Several have expressed the belief that requirements of training would be of more value to this section than to any other. Dr. Stanley says: "We should aim to develop a group of trained homemakers. If any woman interested in homemaking is allowed to enroll in the homemakers section, we are practically in competition with the homemakers section of the General Federation of Women's Clubs, and I cannot see much point in that." Several feel that if only homemakers with home economics training were admitted, many of our married home economics graduates would be more interested in joining. On the other hand, several state associations feel that it would be a detriment to the homemakers section and would destroy all possibilities of a functioning section, or would change their present plans materially.

Replies to one question indicated that 19 felt that the chief value of such requirements would lie in keeping undesirables out of the Association, while 50 felt that the only value would be to give those within a greater pride of membership. Some felt that neither would result.

Among other advantages of requirements mentioned was that they would given more weight to decisions and findings and enable all to speak the same language and so save time.

The committee thought it would be valuable to have statistics to show what effect such a change might have on the present membership. Of the 37 states reporting, only 14 were able to give even approximate figures as to training of their members. The total membership of the 14 states reporting was 2,000, with approximately 1,500 holding home economics degrees, including 56 homemakers, 15 homemakers with no home economics degrees, and 41 student clubs. If these proportions are accurate and indicative of the rest of the Association, approximately one-fourth of our membership do not have home economics degrees; less than 1 per cent are homemakers without home economics training and 2.8 per cent are homemakers with home economics degrees, and 2 per cent are student clubs. It would seem desirable for the Association to work out some plan by which information concerning its membership could be accurately compiled. The American Library Association has an application blank which is serviceable in this connection.

Practically all who answered the questionnaire felt that setting up standards for memberships would reduce our numbers. This would, of course, create a financial problem which could be solved only by increasing dues.

The answer to the question, "How would an increase in national membership fee affect the membership in your state association?" seemed to indicate that it would be most disastrous to make such an increase necessary at this time. Some of the answers as to the probable effect of increased dues follow: "Very unfavorably"; "not materially, I would judge"; "reduce membership"; "very unfavorable"; "reduce temporarily"; "it would not be kindly accepted"; "prevent any increase."

As stated in the beginning, this report has attempted nothing more than a statement of the problem, together with the compilation of a few facts pertinent to the question. The chairman allowed so long a time for the questionnaires to be returned by the state associations that the report could not be submitted to all the members of the committee. Since the report carries no recommendations and since the committee approved the general method of procedure, this has not been considered serious.

The findings may be summarized as follows:

1. The first thing needed seems to be a more definite statement of the aims and objects of the American Home Economics Association.
2. The next need is an expression by this convention as to which of the four types of organization presented seems best to fit the needs of our Association at the present time.
3. Some means of securing accurate statistics concerning our membership seems highly desirable.
4. The publication of a directory at cost would be of value and interest to many.
5. Some plan by which members would receive the JOURNAL at a lower cost than outsiders might be of value in building up our membership.

Report accepted and committee continued.

California Meeting. Presented by Miss Prentiss.

At the close of eighteenth annual meeting of the American Home Economics Association, held at the Fairmont Hotel, San Francisco, the registration showed the receipt of 634 three dollar registrations, and 86 at fifty cents, making an income of $1945 from registrations.

The convention budget allowance of one thousand dollars should cover all of the convention expenses, according to present indications, and we hope to pay all the bills and still have a balance to the credit of this fund.

The success of the program was due to the faithful and tireless efforts, extending over many months, of the general program chairman, Dr. Morgan, in coöperation with the sec-

tion chairmen and the local representatives, Dr. Okey, Miss Swainson, Miss Patterson, Mrs. Tremble, Miss McDonald, Mrs. Robson, Miss Eddy, and Miss Murchie.

Whatever success came to the convention from its smooth running of multudinous details was due to the unceasing efforts and loyal support of all the committees, whose chairmen were:

Bay Section—Ada Havill
Housing—Maud Garvey
Transportation and Travel Information—Florence Halliday
Hospitality—Elizabeth Rothermel
Entertainment—Marian Phillips
Information—Lydia Miles
Trips—Etta R. Handy
Exhibits—Frances Ogier
Meeting Halls—Lucille Johnson
Registration—Agnes Carpenter
Publicity—Dona de Luce
Finance—Bertha Prentiss and Agnes Fay Morgan
Auditing—Saidee E. Stark

Acknowledgment should be made of the helpful and courteous assistance received from the University of California, the California Council of Education, the management of the Fairmont Hotel, the San Francisco Convention and Tourist League, the San Francisco Chamber of Commerce, the Sebastapol Chamber of Commerce, the Buck Fruit Company, and the California Sunmaid Raisin Association.

Report accepted.

Place of Meeting, 1926. Presented by Miss Studley, in the absence of Miss Trilling, chairman.

The committee on place of meeting after consideration of invitations from several cities decided if accommodations were ample to accept the invitation of Minneapolis, Minnesota.

The matters which the committee thought it especially important to consider were the following:

1. Accommodations for adequate sleeping quarters, preferably in one hotel.
2. Rooms for various sectional meetings.
3. Rooms for committee meetings.
4. Space for exhibits if desired.
5. Room for banquet.
6. Rooms for council and other business meetings.
7. Convenience of hotel to other points of interest.
8. Specialties and trips offered.

The committee has carefully considered the above and believe that the Radisson Hotel in Minneapolis will offer adequate accommodations. Minneapolis offers us many interesting features, one of the most important being the University of Minnesota. Miss McNeal, chairman of the department of home economics, has extended us a cordial invitation to spend some time at the University.

Letters inviting us to meet in Minneapolis and telling us of possible accommodations are submitted by the committee to the Council for consideration.

The Committee recommends that the 1926 meeting of the American Home Economics Association be held in Minneapolis, Minnesota, and that the Radisson Hotel be used for headquarters.

Report accepted. Voted to postpone decision as to time of meeting and to secure a vote of the Council by mail as to whether the first week in July or the first week in August should be chosen.

Region of Meeting, 1927. Presented by Miss Harrison.

The Committee on the Region for 1927 suggested that the 1927 meeting be held in one of the following regions: Eastern, New England, or Southern, unless it would seem feasible to hold it in connection with the National Education Association. The committee feels the need of more data as to possible places of meeting.

Report accepted and committee continued.

NEW BUSINESS

Voted that the executive committee appoint an executive secretary, Miss Sayles finding herself unable to serve.

Miss Koehne, chairman of a recently-appointed committee on co-operation with museums, of which the other members are Miss Denny and Miss Atwater, presented the following statement and resolutions.

In recognition of the fact that museums throughout the country are visited by thousands of people daily; that they are an important educational agency in our national life; and that there is in American museums an almost total lack of displays designed to educate the public in the production and marketing of food and the relation of food to health, and the hygiene of clothing, a committee was appointed by the president to investigate the extent to which the American Home Economics Association could be of service in coöperating with the American Museums Association in planning such exhibits.

This committee has been in correspondence with Laurence V. Coleman, executive secretary of the American Museums Association. He informed us that, a year ago, in conjunction with the National Health Council, efforts were made to set afoot some work along these lines, through the planning of public health exhibits to be set up in various localities. Mimeographed copies of their plans were sent, showing a carefully prepared plan of action. This material was organized for the purpose of interesting the trustees of the Milbank Memorial Fund in financing such an undertaking. Dr. C. E. A. Winslow of Yale was to be chairman of the committee in charge of planning such an exhibit. They were unsuccessful in securing the money for this work. Nothing has been done further to finance such a piece of work, although Dr. Winslow and the officers of this Association are still much interested in the plan.

Mr. Coleman was very appreciative of our willingness to cooperate with them along the lines suggested. The committee of the American Home Economics Association made two suggestions to Mr. Coleman:

1. To recommend to its Association, at its annual meeting in San Francisco, the appointment of a special committee to assist their committee in working out plans for such exhibits.
2. To recommend the passing of a formal resolution by the Association supporting the plan of the American Museums Association in their desire to have a public health exhibit planned and set up in their various museums.

The final reply from Mr. Coleman includes the following:

"Thank you for your letter of June 18, to which I have delayed a reply in an effort to

see Dr. Winslow again, but in this I have been unsuccessful. The plans for the project of which I sent you a brief memorandum are in a state of flux, and I hardly feel that the time has come to set up any further committee machinery. However, we shall be glad to keep you informed of developments.

"If, at your San Francisco meeting, you should think it wise to pass general resolutions dwelling upon the importance of health exhibits, particularly in the field which interests you, I think that it will be helpful."

The committee recommends that this Association pass the following resolution and send a copy to Mr. Coleman:

Resolved:

1. That the American Home Economics Association express to the American Museums Association its unqualified support in the planning and setting up of public health exhibits in museums throughout the country.

2. That the American Home Economics Association stands ready, at any time, through the appointment of special committees, to coöperate with the committee from the American Museums Association in planning exhibits along lines of hygiene of clothing, production and marketing of food, and the relation of food to health.

Report accepted and recommendations adopted.

Miss Sellers presented the work of the Women's Foundation for Health, Inc., and on her motion it was voted that the constitution of the Foundation be approved and that, in accordance with the invitation of the Foundation, the executive committee appoint a representative of the American Home Economics Association to act on the membership roll of the Foundation. (See page 610.)

Voted that the executive committee appoint a representative to serve on the committee on the Relation of Electricity to Agriculture. (See page 610.)

Voted that the executive committee appoint a representative to serve on the general council of the National Council on Outdoor Recreation. (See page 610.)

Voted that a committee of the American Home Economics Association be appointed by the executive committee to consult with the college entrance examining board concerning the listing of home economics courses among those to which credit is given for entrance to college. (See page 609.)

A letter was read from the Rumford Historical Association offering a prize of $100, for an essay on the contributions of Count Rumford to home economics. Voted to refer the matter to the executive committee. (See pages 610 and 627.)

The following report was presented by the committee on raising money for the Richards Memorial and Constantinople Funds. (See page 594.)

We cannot recommend any definite appropriation for Constantinople at the present time. We suggest, however, that the International Committee be authorized to under-

take the raising of $1,000 a year for three years from individuals in the Association who are interested and that the appeal to student clubs be continued with special reference to equipment. We further suggest that the committee appeal to the home economics section of Federated Women's Clubs.

We recommend that we continue our interests in the appointment of an instructor in this position. We suggest that a telegram be sent from the Council to Miss Olmstead, endorsing the nomination of Ethel Stilz as the new appointee.

Inasmuch as our services in Constantinople have had so marked an effect upon the standard of work there, we recommend that this service be offered to other foreign schools.

In regard to the Ellen H. Richard's Memorial Fund, your committee especially urges that definite steps be taken to complete the $25,000 set as the amount of this fund. We realize that the present is the strategic time for this work. There are now in the Association many who knew and loved Mrs. Richards. For them it will be a privilege to give; others touched by their enthusiasm and interest may help in the same spirit. We should complete the work while our members regard it as an opportunity rather than leave it to become an obligation and a burden to members in later years.

We urge that the small pictures of Mrs. Richards which are sold from the Baltimore office for 10¢ be used in student note books in survey courses, and that larger sized pictures be used in high schools. We believe both of these would stimulate interest in the Fund and add to the receipts.

We further recommend that college and university departments of home economics be asked to take out small memberships in the Fund, that the Association urge the interest of student clubs, and that the trustees appeal to the state associations for additional contributions to the Fund.

In addition, we urge that the hearty coöperation and endorsement of the Association be given to whatever methods the trustees use for the completion of the $25,000.

Report accepted. Voted that a copy be sent to each state councilor to be read at the meeting of her state association.

EXECUTIVE COMMITTEE MEETINGS

Indianapolis, December 13, 1924. The executive committee met at the Hotel Claypool at the time of the meeting of the Secretary for Vocational Education, with the following members present: K. Blunt, *presiding;* H. W. Atwater, L. Bane, A. F. Blood, A. M. Cooley, A. E. Richardson, F. Swain, I. Spafford, *secretary pro tem.*

Voted to authorize the payment of rent on three rooms in the Mills Building, Washington, D. C., for headquarters, at $60 per month, beginning November 1, 1924.

Voted, on recommendation of the controller, to authorize payment of furniture and equipment for new offices from surplus.

Voted that an amendment to the by-laws providing for affiliation of home economics associations in Canadian provinces be presented to the Association for action at San Francisco.

Voted that the executive secretary represent the Association on the council being formed for the ratification of the Child Labor Amendment.

Voted to accept an invitation from the National Education Association to prepare one or two round tables for the National Education Association meeting in June, 1925, to make home economics in the public schools the central topic, and to leave arrangements to a committee consisting of A. M. Cooley, chairman; E. Conley, M. Bemis, M. Wellman, A. Hess, R. Freegard, E. Whitcomb, and A. Hillyer.

Voted that Miss Streeter investigate transportation facilities to San Francisco, and select a route for a special train in consultation with Misses Swain and Blunt.

Voted that at the San Francisco meeting time be allowed for an address by the president, that an interesting final session be arranged, and that special attention be given to public school teaching.

Voted that Miss Swain serve as chairman of a committee to be formed by her, to investigate and act on a request from the Wilson Printing Company for comments on its book list.

Voted that the request that the Association endorse the Women's Foundation for Health be left to the president for action.

Miss Sweeny's resignation as chairman of the committee on legislation was received but not accepted. It was ruled that the duties of the chairman of that committee were to review proposed legislation and recommend suitable measures to be endorsed by the Association.

The president was empowered to investigate further the desirability of arranging for an international home economics conference in 1926 or

possibly in 1930, as suggested by the secretary of the International Federation of Home Economics Instruction.

Voted to request Mrs. Glenn Swiggett to take the greetings of the American Home Economics Association to the forthcoming Pan-American Conference in Lima, and to gather information regarding probable interest in an international home economics conference.

San Francisco, July 31, 1925. A meeting was held in the Hotel Fairmont with K. Blunt *presiding*, F. Harrison *acting secretary*, L. Bane, and S. A. Donham present.

The following committees were appointed or confirmed: program of work, committees, credentials, and resolutions.

Miss Child was appointed secretary pro tem of the Association.

Voted to recommend to the Council that the policy of allowing commercial exhibits be tested at the annual meeting in 1926. (See page 589.)

Voted that Miss Donham present to the Council a recommendation that the Association appoint a committee to cooperate with the Division of Simplified Practice, U. S. Department of Commerce, as suggested in correspondence with the chief of the Division. (See page 591.)

Voted that the registration fee for student delegates and undergraduate members be reduced to $0.50. for the San Francisco meeting.

San Francisco, August 6, 1925. The new executive committee met at the Hotel Fairmont with the following members present: K. Blunt, *presiding;* F. Harrison, *acting secretary;* L. Bane, S. A. Donham, and B. Prentiss.

Voted that a quarterly bulletin be sent to members.

Voted to accept the offer of the *Survey* to be responsible for taking combination subscriptions (including both renewals and new subscriptions) for the JOURNAL OF HOME ECONOMICS and *Survey* at state home economics meetings whenever they can send a representative. Keturah Baldwin appointed to make the final arrangements.

Voted to allow the New Zealand Home Economics Association to affiliate with the American Home Economics Association under the regulations for non-home, economics organizations by the payment of a $5.00 fee.

Voted to refer the question of home economics as a college entrance subject (see page 606) to the Home Economics Education Section.

Voted that the registration fee for the Minneapolis meeting be $3.00, applicable to all persons in attendance at the meeting with the exception of such invited guests as the local committee thinks desirable; and that admission be by badge except to such open meetings as the local committee

thinks advisable; that badges of different colors be provided to members and non-members; of undergraduate students who shall be allowed to register for $1.00; that there be one open meeting complimentary to the public. It is understood that with these arrangements local persons will not be taxed for hospitality.

Voted to authorize the expenditure of $800.00 for the Minneapolis meeting and to authorize the controller to make necessary advance payments out of surplus, pending the collection of fees at the meeting.

Voted to consider money already paid for the 1925 convention during 1924–25 as being part of 1924–25 expenses.

Miss Wyllie McNeal was appointed as general chairman for the 1926 meeting at Minneapolis.

Voted that the president, the editor of the JOURNAL, and the executive secretary, outline the plan for the general program and submit it to the general chairman of the Minneapolis meeting.

Committees were appointed as called for by the action of the Council. (See page 606.) For the personnel of these committees see page 627.

Voted that Keturah Baldwin be authorized to attend the American Dietetics Association meeting in Chicago.

Martha Koehne was nominated to represent the American Home Economics Association on the Women's Foundation for Health.

Eloise Davidson was appointed to represent the American Home Economics Association on the Committee on the Relation of Electricity to Agriculture.

The executive secretary was appointed to represent the Association on the general council of the National Conference of Outdoor Recreation.

A vote of thanks was extended to the high school boards and administrators who paid the expenses of their teachers to the San Francisco meeting.

Voted that the secretary express to the Illinois Home Economics Association the gratitude and warm appreciation of the American Home Economics Association for the gift of $100 to the treasury of the latter.

Voted that the secretary express to the Chicago members of the Home Economics in Business Section the gratitude and warm appreciation of the American Home Economics Association for their gift of $200 to be expended for the traveling expenses of the controller in connection with the San Francisco meeting.

REPORTS OF STATE ASSOCIATIONS

ALABAMA

Membership in the Alabama Home Economics Association increased 45 per cent over previous years, and there were eighteen affiliated clubs compared with one the previous year.

The mid-winter meeting was held at Montgomery in December and the annual meeting with the Alabama Education Association at Mobile, in April.

The publicity committee made use of newspapers and educational magazines in putting the home economics work before the public, and encouraged greater local publicity by the home economics people. Eight numbers of a news letter for the members of the Association were sent out during the year. Seven numbers of the high school news letter were sent out to home economics clubs reporting their organization.

The high school problems committee put on again this year a state clothing contest, which is to be made an annual event.

The normal and elementary schools committee made a study of aids in teaching elementary work in home economics, and has compiled the material.

The college problems committee is studying the previous home economics work of entering freshmen.

Assistance was given the better homes movement in a number of places.

IVOL SPAFFORD.

ARIZONA

The Arizona Home Economics Association this year has worked faithfully on two definite things: an endeavor to get the cooperation and interest of the homemakers, with the help of Mrs. Mildred Weigley Wood; and standardization of the home economics course of study in the state. It is hoped to have some definite result by the first of December for teachers who wish it. Owing to the distance between cities in Arizona it is almost impossible to get all home economists together at one time. However, a home economics section meeting is held each year during the State Teachers Association Convention. This has not been sufficient, so this year two home economics luncheons were held for interested members in the vicinity of the Salt River Valley. These have brought the Association together and formed a better working unit.

Membership has not increased notably, but it is hoped that quality and not quantity will show progress. The aim for next year is to have every home economist in Arizona a member of the Association.

ELIZABETH WILSON.

CALIFORNIA

The California Home Economics Association is divided into four sections, Northern, Bay, Central, and Southern, the two latter having two units, and a total membership of 569. There are also eight affiliated student clubs.

From four to ten meetings with interesting programs have been held in each section, the membership depending on the size of the section.

The State Council, consisting of 14 representatives from the four sections, had a perfect attendance at its annual meeting in Santa Barbara this spring, at which time the national convention business was paramount.

Perhaps the most outstanding piece of work done by the state was the publishing of two state news letters which went to every person in home economics work. In addition the Bay Section reprinted the "Handbook," which will be invaluable to all interested in home economics; it contains suggestive outlines of courses, state requirements for graduation, college

and university entrance requirements, nomenclature, vocational opportunites, and a section on community service.

The Southern Section has accumulated through their Cook Book committee an additional $500, making a total of $2000, which is a nucleus of a fund to be used some day for a permanent home.

The officers, who come from each section by rotation, are, for the coming year: President, Ida E. Sunderlin, head of home economics department, Inglewood Union High School; secretary-treasurer, Katherine McGorray, head of home economics department, Pasadena; national councilor, Bertha C. Prentiss, supervisor of home economics, Berkeley Schools.

IDA SUNDERLIN.

CONNECTICUT

The Connecticut State Home Economics Association cannot report a largely increased membership list during the year, but attendance at meetings and the enthusiasm shown are indicators of the growing interest.

The outstanding points in the year's work are:

1. The visit of the executive secretary, Lita Bane, and the helpful suggestions she offered for increasing the effectiveness of the Association.
2. The formation of a home economics club in New Haven which is stimulating interest in home economics locally and strengthening the State Association.
3. The decision of the members that the fall meeting should be extended to two days.

MARION EVANS DAKIN.

DELAWARE

The Delaware Association celebrated its first birthday at the 1925 meeting in Dover. Attendance totaled 34. Lita Bane outlined the work of the American Home Economics Association, its aims, organization, and division of work. Ethel Lee Parker is the state president for 1925–26.

ELIZABETH KELLY.

DISTRICT OF COLUMBIA

The District of Columbia Home Economics Association has just completed one of the most active and interesting years in its history. For the eight regular meetings held it was the aim of the program committee to vary the type so as to arouse the greatest possible interest.

The first meeting of the year was a business session held at the national headquarters of the American Association of University Women, at which time the following standing committees were appointed: publicity, membership, program, better homes, education, JOURNAL arrangements and homemakers. These committees have been very active and at the final meeting interesting reports of the year's work were presented.

The second meeting, in the form of a dinner, occurred during the conference of Land Grant Colleges in Washington. Dean Vivian of Ohio State University was the speaker of the evening.

Two joint meetings were held with the Housekeepers Alliance. Mrs. John Sherman and Mrs. Maggie W. Barry of the General Federation of Women's Clubs were the speakers at one of these meetings, and Hon. Theodore G. Risley, solicitor for the Department of Labor, spoke at the other on "Immigration as it affects the home."

At a dinner meeting on March 10 Mr. Eben Comins, artist and art critic, addressed the Association on "Art in the home." At that time plans were presented by the better homes committee for a demonstration cottage to be opened for inspection during Better Homes Week, May 11–18.

Two meetings of a purely social nature were held during the year, one a picnic at the Better Homes Demonstration Cottage, before it was opened to the public, and the other a get-acquainted party at the Grace Dodge Garden House on June 6.

At the last meeting, which was a business one, the following officers were elected to serve during the coming year: President, Emeline Whitcomb; vice-president, Mrs. R. W. Lenkel; secretary, Mary Tate; treasurer, Lucy Alexander; councilor to serve three years, Edith M. Thomas. The treasurer submitted an interesting classification of members, showing that of the total eighty-two, there were one life, one supporting, eight sustaining, five contributing, and sixty-seven annual members. Membership in sections and committees was classified as follows:

Sections		*Occupation*	
Food and nutrition	18	Teaching	19
Home economics education	23	Editorial work	3
Home economics extension	8	Homemakers	12
Institutional economics	11	Research workers	14
Textile	2	Administrative work	15
Home economics in business	5	Institutional managers and dietitians	11
Related art	0	Women in business	5
Homemakers	12	Miscellaneous	3
Economic relation to home	4		
Miscellaneous	9		
Total	82	Total	82

EDITH THOMAS.

FLORIDA

The Florida Home Economics Association plans this year to work through a number of committees. In this way it is hoped that a number of problems of interest to the members of the Association may be studied. The committee work will include the following: 1. An attempt to seek out all trained home economists in the state, to classify them according to their present occupations, and to enlist their interest in the state association; 2. An effort to strengthen relations with, and to increase our usefulness to other organizations interested in home and community betterment; 3. A study of specific problems in the teaching of home economics in Florida. Each committee will be expected to read at the annual meeting a written report of its study, which will be mimeographed and sent to all members of the State Association.

Because of the long distances to be travelled in Florida, it is difficult to get a large number together for a meeting and district associations are encouraged. Three such associations are well organized, and during the past year each held two or three meetings.

M. R. SAUNDELS.

GEORGIA

The Georgia Home Economics Association this year has more than doubled its membership through the efforts of an active membership committee, a large per cent of whom attended the annual meeting of the state association.

The slogan for the Association has been: "Better Homes in Georgia." This thought was emphasized in the annual meeting, with several national speakers contributing to the success of the program.

An outgrowth of the meeting was the appointment of a committee to standardize a state course of study in general home economics. Some suggestions, which are to be ready by the first of September, will be tried out by various schools and reported on at the next annual meeting.

The Association again conducted an essay contest open to juniors and seniors in the state high schools, on the subject of "The contributions which home economics in the education of Georgia girls will make to future standards of living." Much interest was displayed in the contest. The prizes were four home economics scholarships in Georgia colleges, ranging from $50 to $125.

Although there is much to be accomplished in the future, members of this Association feel encouraged over the work of the year. Interest and enthusiasm have been greater than ever before. There was more coöperation among the members as well as with other associations and groups of people.

CLARA LEE CONE.

IDAHO

By action of the 1923 Legislature, the district teachers' institutes of the state were abolished. This action made it impossible to carry out the provision of the constitution of the Idaho Home Economics Association to hold six meetings at dates and places corresponding to those of the district institutes.

Two state meetings were held during the year, one in the north at Lewiston in November, and one in the south at Pocatello in December.

On May 1 a news letter was mailed to all persons in the state, home makers excepted, actively engaged in home economics work. This letter attempted to give information regarding the status of home economics in the state, and called attention to parts of the program of work undertaken by the National Association, and urged participation.

As a result of a membership campaign, seven contributing and thirty active members were secured by July 1. Although our membership is made up largely of teachers and extension workers, we are hoping next year to secure members representing every field of work.

DOROTHY ELLIS.

ILLINOIS

At the 1924 meeting of the Illinois Home Economics Association held at the University of Illinois, the following objectives were selected for the year's work:

1. Increase in membership
2. Increase in JOURNAL subscriptions
3. Development of contacts wth state organizations having interests in common with the Illinois Home Economics Association.
4. Publication of a news letter
5. Development of affiliated student home economics clubs
6. Endorsement of national and state legislation pertaining to children, homes, and education
7. Support of the special problems of the state association as a whole and of the four sections

The Association has attained those objectives to a certain degree but not as fully as it wished. The membership for this year is 585, an increase of 106 over that of last year.

Illinois feels that it may spell cooperation with a capital C because of the pleasant relationships between the Association and other state organizations having similar interests. In coöperation with the State Board for Vocational Education two news letters were published during the year. Illinois practically quadrupled its affiliated student home economics clubs.

The Association has four live, energetic sections: school, college, institution, and homemakers. In addition, there are several special committees. The Directory Committee for 1924–25 published a directory of all the members of the Illinois Home Economics Association, which was sent, with a copy of the constitution and by-laws, to all members.

The Association will celebrate its fifth birthday at the next annual meeting, to be held at the University of Chicago in October, 1925. Illinois has the honor of claiming the president of the American Home Economics Association and also of having sent in the first supporting membership.

Adah H. Hess.

LOUISIANA

The Louisiana Home Economics Association has 170 members, an increase of about 40 per cent over the previous year. The membership drive began in April and the above results were obtained by July 1.

One junior home economics club, with a membership of 30, has affiliated with the state and national associations. This club did an excellent piece of work during the year in organizing the junior and senior classes of the high school at Ruston, in fitting up a social room, in conducting study programs, and in giving publicity to home economics.

The Louisiana Home Economics Association is following a definite program of work based upon its needs and upon suggestions of the American Home Economics Association. Committees have been appointed to study foods and nutrition, clothing and textiles, household management, and survey of home problems. The Association feels that all work for the time being must be kept before the entire group; therefore, no attempt has been made to carry on meetings for special groups. The work of all committees, representing some of the divisions of the American Home Economics Association, is developed into final reports for presentation to the State Association at its annual meeting.

A bulletin, containing the addresses and general proceedings of the 1924 meeting held at Shreveport in conjunction with the Louisiana Teachers' Association, was published and distributed during the early part of this year, publication having been made possible by the Louisiana Teachers Association, which cooperates in every plan undertaken by the Louisiana Home Economics Association. The two organizations use the same program and speakers for the annual meeting.

Four quarterly news letters have been issued during the year to keep home economists informed about progress in the state and about special phases of work undertaken by the American Home Economics Association.

Through the kindness of Mary Drago of Houma, Louisiana was able to contribute to the home economics display at the San Francisco meeting, an exhibit which had won most of the blue ribbons at the Louisiana State Fair held in Shreveport in October, 1924.

In addition to the regular activities of the Louisiana Home Economics Association, close contact has been established with the Parent-Teacher Association, Federated Clubs, and other civic groups. Each state organization has a department of home economics, with trained home economists in charge, all of which helps to promote and maintain the best type of home economics education.

Jane V. Rice.

MAINE

Two professional meetings were held jointly with the State Teachers' Convention. On October 31, at Bangor, Lita Bane spoke of the purposes of the American Home Economics Association and her observations during the year; Dr. A. Thomas, commissioner of education, discussed his impressions of home economics; Esther McGinnis reported on the meeting in Buffalo; and Lena Shorey gave a detailed report of the survey on the relation of clothing to health. A brief business meeting was held and officers were elected for the year.

At the spring meeting held in the State House at Augusta, on May 23, "Extension work in Maine" was discussed by Mrs. Della Conner, home demonstration agent, Cumberland County, and "High spots from Eastern Arts Exhibit" by Mary Byrne, Westbrook. After luncheon and a social hour at Augusta House, with thirty-six present, Mrs. Amy Dillon, director of fresh air and nutrition classes, Portland, spoke on "Health education and nutrition," and Ester McGinnis, home economics department, University of Maine on "Opportunities open to the trained home economist." At the business meeting following, Helen Lockwood, dean of Farmington Normal, was appointed representative at the San Francisco meeting. The following committees were appointed: publicity, membership drive, child welfare survey, resolutions on the death of Harriet Sweetser, state supervisor of home economics. Reports of the activities of two student clubs were heard. A definite program of work in child welfare was adopted. A request was sent to the chairman of the home economics section of the Maine Teachers' Convention that part of the fall program be devoted to a child welfare discussion. Membership of the Association at the end of June was forty-two.

FLORENCE L. JENKINS.

MASSACHUSETTS

The Massachusetts Home Economics Association held two meetings during its second year, and cooperated in three meetings of other organizations, one being the State Federation of Women's Clubs. The meeting at Smith College, Northampton, offered an unusual chance to interpret home economics at a liberal arts college. There is a growing interest at Smith in the introduction of home economics into the curriculum. President Neilson feels that their training should prepare girls for the practice of home economics for life rather than for a living. The afternoon session, on request of Dean Bernard, was given over to a forum on the meaning of home economics and the adaptation needed in such a college as Smith. The first meeting this fall is to be at Mount Holyoke College.

A study begun by the education committee last year to determine the status of home economics in the schools of the state shows the following findings:

1. Attitude of principals and superintendents for the most part is favorable, and even enthusiastic.

2. College entrance requirements prevent many girls from electing home economics.

3. Interest in a broader program and desire for a broader outline of home economics is marked.

The Association hopes for some definite advance this coming year as the result of the appointment of a joint committee by Dr. Payson Smith, the Massachusetts Commissioner of Education. This committee, which is to study and define the objectives of home economics in its broadest sense, is composed of one superintendent; two principals; one representative each from Simmons College, Framingham Normal School, and Amherst Agricultural College; one city supervisor of home economics; and one homemaker. The committee will report at the meeting of superintendents and principals of the state called by the commissioner in 1926.

HELEN KNOWLTON.

MINNESOTA

A membership of 245, including three affiliated groups, has meant an active association during the past year. Five meetings combining social and professional interests have been held in the Twin Cities. One of these was a luncheon meeting held jointly with the annual meeting of the Minnesota Education Association. The general plan has been to have the section meetings at 5:00 o'clock followed by a dinner meeting for all with a special speaker presenting a subject of common interest. The two active sections have been clothing and textiles, and food and nutrition.

The financial status of the Association has been sound. Regular membership dues of two dollars each, plus a prize of fifteen dollars, plus forty-three dollars earned by the committee's services in preparing a special picnic dinner, have constituted the income. Expenses have included fees for special speakers, railroad fare of councilor to national meeting, and cost of publishing the news letter.

A conspicuous activity has been the printing of three issues of the news letter, the number of pages of each issue varying from four to eight. The first issue of 600 copies was sent to all home economists in the state; the others, numbering 300 copies each, were sent to members only. Paid advertisements, carried this year for the first time, helped to reduce costs of publication. Since practically half of the membership was made up of out-of-the-city people, the news letter has been a significant factor in promoting the unity and interests of the State Association.

LUCY A. STUDLEY.

MISSOURI

The Missouri Home Economics Association has 150 members, all looking forward to an enthusiastic meeting in November, in conjunction with the State Teachers Association at St. Louis. A place on the general program has been secured for a home economics speaker, and Edna White, of Detroit, will make the address at the Friday morning meeting. She and Dr. Katharine Blunt will talk to the home economics teachers at their regular meeting.

Data are being collected preparatory to forming a homemakers section in the Missouri Association. Members include two student clubs from Springfield and Columbia. It is hoped to add several more before fall.

The secretary keeps a list of former members and their whereabouts. Several of the group have gone to other states or to foreign countries. Irene Teagarden, of the State Teachers College at Maryville, will sail August 26 for Beirut, Syria, to teach chemistry and home economics in the American mission.

The publicity committee issues a quarterly bulletin to all home economics teachers, whether members of the Association or not, keeping them in close touch with each other and with the work in various parts of the state.

MATTIE PORTER.

MONTANA

The fifth annual meeting of the Montana Home Economics Association was held in Billings in November at the time of the State Teachers Association meeting. Florence Fallgatter was elected president to succeed Blanche Lee.

The membership was increased from 51 to 73, with three sustaining and six contributing members and five student clubs. The Montana State College Club sent two representatives to the State meeting and one, Keturah Tibbles, to the national meeting in San Francisco.

Three regular issues of the *News Letter* were published.

The spring meeting of the council was held in Bozeman early in May and Helen Gleason of the State University was elected to fill out Miss Fallgatter's term of office.

Considerable progress was made in the homemakers' section, a definite program of work being adopted.

The members of the state extension service deserve special commendation for having 100 per cent membership in the Association and suscribers to the JOURNAL.

The Association affiliated with the legislative department of the Montana Federation of Women's Clubs.

GLADYS BRANEGAN.

NEBRASKA

Nebraska reports a membership of 177, including two affiliated college clubs and one high school club. The University Club is sending a delegate to the San Francisco meeting. The goal for membership in 1925–26 is 200. The legislative committee has laid emphasis on the effort to improve qualifications of home economics teachers in Nebraska, and has set up definite standards for preparation which should be met by September, 1926.

The publicity committee published a "Who's who in home economics in Nebraska," which helps very much in getting the teachers acquainted. Five letters were sent out during the year, giving suggestions (1) for the forming of high school home economics clubs, (2) Christmas suggestions, (3) hot school lunch and nutrition material to emphasize health in teaching home economics, (4) material on the state home economics meeting in March, and (5) a brief résumé of discussions at the state meeting.

The committee on homemakers has not been idle. It met with a group of homemakers, and recommended that the home economics teachers in the state talk with homemakers in their communities and build up interest in the Association and report the names of interested and trained home economists to the committee.

The program of work committee recommended that the Association continue working along the lines begun last year until the goals are achieved, and, in addition, that Ellen H. Richards Day be celebrated in high schools. Plans for the latter are ready now and will be distributed in the first autumn letter. A committee has also been appointed to effect more definite cooperation between the Association and other agencies, such as women's clubs who are working along similar lines.

MARGARET FEDDE.

NORTH CAROLINA

The North Carolina Home Economics Association has 120 active members for the year 1925–26. Its annual meeting was held March 6 and 7, 1925, at the Robert E. Lee Hotel, Winston-Salem. The out-of-state speaker at the general meetings was Dr. Walter Eddy, professor of physiological chemistry, Columbia University, who gave two addresses on "Every day food selection" and "New developments in the nutrition field." Other interesting talks were given by Blanche E. Shaffer, dean of home economics, North Carolina College for Women, Greensboro, on "Child feeding and training," Helen Esterbrook, clothing specialist in the State Extension Division, on "How to dress your part," and Mr. Haynes, vice-president of the Wachovia Bank, on "Household finances." There were also interesting meetings of the teachers, extension, and institutional sections.

Outstanding new undertakings for the coming year are: publication of a State Association news letter; the appointment of a committee to work on tests and measurements for the home economics teacher.

The officers for 1925–26 are: President, Hope Coolidge, North Carolina College for Women, Greensboro; vice-president, Rebecca Cusing, State Department of Education, Raleigh; secretary-treasurer, Martha Creighton, district home demonstration agent, Raleigh; state

councilor, Hope Coolidge; chairman of the teachers section, Florence Thomas, home economics supervisor, Charlotte; chairman of the extension section, Bertha Profit, county home demonstration agent, Charlotte; chairman of the institutional section, Mrs. Estelle Boyd, North Carolina College for Women, Greensboro; chairman of the legislative committee, Blanche E. Shaffer, North Carolina College for Women, Greensboro; chairman of the program committee, Bessie Leftwich, Salem College, Winston-Salem.

MARGARET EDWARDS.

NORTH DAKOTA

North Dakota is pleased, although not by any means contented, with its growth during the past year. Its success can be measured not so much by the number of members as by the growing professional spirit which, after all, is the "hub" of the organization.

The fourth annual meeting was held in October at Grand Forks at the time of the State Education Association. At one of the sessions, Miss Wyllie McNeal, University of Minnesota, was the speaker. Because of the organization of the North Dakota Education Association into four divisions, each of which holds one meeting a year, it has proved worth while to have four permanent divisional chairmen for home economics, who arrange round table discussions for these meetings, thus reaching many teachers who cannot attend the state meeting. At these sectional meetings, helpful all-round programs are given.

One newsletter was sent out in mimeographed form during the year to all home economics teachers and workers in the state; in addition items of interest to the Association are included in the monthly news letter issued by the Vocational Department of Home Economics Education. A drive for membership in the textile section was made by Ida Ingalls, chairman.

The Association is represented in the State Parent-Teachers Association by the president, who acts as state chairman of the home economics committee, and by the state councilor, Mrs. Myrtle Gleason Cole, who helped to direct the Better Homes Week programs. She is also state chairman of the section on the American home in the federated clubs of the state.

Stimulating the organization of home economics clubs in high schools and colleges has been part of the state program of work.

The chairman of the homemakers section is compiling a list of home economics graduates living in the state as a working nucleus for this section.

Membership for the year is thirty-nine, with two student clubs affiliated and sixty subscribers to the JOURNAL OF HOME ECONOMICS.

CHRISTINE FINLAYSON.

OHIO

Four meetings were held, with programs planned to cover various phases of home economics and distributed to make attendance convenient for members located in different sections of the state. At these meetings representatives were present by invitation from such state organizations as the Ohio Dietetic Association, Parent-Teachers Association, Federation of Women's Clubs, and Grange. At the annual meeting the Ohio Dietetics Association was invited as a body and participated in the program.

After the business sessions local organizations entertained with teas and luncheons. A news letter for members was inaugurated during the year.

One meeting was held in connection with the national child health demonstration in Richland County, now in its fifth year. Demonstrations were given by groups of school children and by mothers who have been reached through this county demonstration. This program gave helpful suggestions to teachers, extension workers, and homemakers. Similar demonstrations and exhibits were a feature of each of the state meetings. The program committee plans to enlarge upon the demonstration and exhibit feature of programs next year.

The affiliation of local home economics associations, especially the well-organized Cleveland group, has added strength to the State Association.

The membership was 191 during 1923–24 against 290 in 1924–25. Enrollment for 1925–26 is not complete, but seven sustaining and three contributing memberships have been received.

A valuable piece of work has been the revision of the state constitution to conform more closely with the national. This will be available for distribution to members in September.

A committee is now compiling a list of trained home economists who are willing and able to speak before other organizations, as the direct outgrowth of requests that have been made for such service. It is hoped to utilize the most capable women and to strengthen relationships.

ADELAIDE LAURA VAN DUZER.

OREGON

Oregon's activities and membership have been extended to include homemakers. At the December meeting six homemakers presented problems as they met them in varying types of homes. Florence Blazier and Mary Lyle discussed the subject of teaching a course in family relationships in the schools and Jeanette Cramer told of problems of homemakers as she met them as home economics editor of the Oregonian.

The annual meeting held at Corvallis, June 6, Alumni Day, featured reports of the year's work with special regard to health education. Mrs. Jessamine Chapman Williams reported on development of health education at the Oregon State College, Corvallis, as well as on the nature and work of the state nutrition council and the child health demonstration at Salem conducted by the American Child Health Association, with which the Oregon Home Economics Association has been cooperating. Mrs. Williams also told of a campus nutrition council which has been organized to establish nutrition standards, assemble data, and correlate the work of agriculture and nutrition. Dean Ava B. Milam reported in detail on the Purnell Bill and the home economics development which will result.

Election of officers to take the place of the retiring president and treasurer was held. The executive board now consists of the following officers: Mrs. J. S. Wieman, president; Edna Waples, vice-president; Margaret Morehouse, secretary; Mrs. Bruce C. Bean, treasurer.

ALICE WIEMAN.

PENNSYLVANIA

The efforts of the Pennsylvania Association during the year were devoted to increasing the membership and building up the kind of organization that would best serve its members. Under the chairmanship of Genevieve Fisher, the membership committee has increased the enrollment from 114 in June, 1923, to about 260. In addition, there are two affiliated student clubs at Temple University and Drexel Institute.

The Association was organized in December, 1923, and held its first annual meeting at Erie in December, 1924, in connection with the Pennsylvania State Educational Association. At that time a constitution was adopted, membership and publicity committees were appointed, and the executive committee was authorized to act as a legislative committee. Attendance at this meeting was small because time and location were inconvenient, and the members present discussed the advisability of dividing the state into districts in order to make the meetings more accessible. Response to a questionnaire sent out later showed the majority in favor of dividing the state into three regions and holding one meeting in each region every year. Therefore the executive committee planned three meetings: the first at the Pennsylvania State College in August, immediately following the conference of teachers of

vocational home economics called by the State Board for Vocational Education; the second at Pittsburgh in October, at the time of the Western Pennsylvania Educational Association; the third at the University of Pennsylvania during Schoolmen's Week in the spring.

It is hoped that at these meetings the members will not only receive inspiration but will also plan programs of work which will make the Association of great benefit to them.

LOUISE G. TURNER.

RHODE ISLAND

Officers of the Association are as follows: President, Alice L. Edwards; vice-president, Katharine Murray; secretary-treasurer, Mrs. Margaret M. Monroe. There were 61 paid members.

Four meetings were held during the year. The annual meeting occurred in October, 1924, with Lita Bane the speaker. At the second meeting, held in January, Julia Connor of "Better Homes in America" spoke to the Association. The spring meeting was in the form of a luncheon, when Cora M. Winchell was the guest. The final meeting of the year was a picnic gathering at Rhode Island State College. Alice L. Currier, one of the members, conducted a program on "Vacation subjects."

ALICE L. EDWARDS.

SOUTH CAROLINA

The Home Economics Association of South Carolina has had a very successful year.

At the annual meeting held in connection with South Carolina Teachers Association, forty were present the first day and fifty the second day. A loan fund to help junior or senior pupils at Winthrop College was started a year ago and five girls have already availed themselves of it. It was voted to continue this fund, and an addition of one hundred dollars was made.

The Home Economics Student Club known as the Ellen H. Richards Club of Winthrop College has been affiliated with the South Carolina Home Economics Association for a year and a half. The members have held food sales to help with the scholarship loan fund, and thus far have contributed over $50. They have met once a month all winter, having "The home as a social center" as their main topic.

We are making a drive for one hundred per cent membership of all our teachers in South Carolina and hope soon to have a homemakers section.

ALICE B. FOOTE.

UTAH

Early last fall the Utah home economists met in convention with the Utah Educational Association. Because of this it was possible to secure valuable help from such experts as Dr. Franzen of California and Alma Binzel of New York City.

At this meeting suggestions were made for a problem to be used in the state program of work. In order that the health work of the past two years might be carried still farther, it was decided to concentrate efforts on improving the posture of boys and girls.

Every section in the state has coöperated. Although it is difficult to measure results immediately, it is hoped that the boys and girls have gained health habits which will benefit them permanently.

There are ten affiliated high school clubs and it is hoped to increase this number next year. The association has made some gains and the members are looking forward to even more improvement next year.

EVA LINDQUIST.

VERMONT

Vermont has forty-nine national members who have also paid their state dues. This year a homemakers section was organized, with Mrs. R. R. Read of Burlington as chairman. At the last meeting Mrs. Kibbee Brooks of St. Albans was appointed chairman of the legislative section. A feature of that meeting was a lecture by Mrs. Evelyn Tobey of Teachers College. Mrs. Tobey is an instructor in millinery but her lecture included a discussion of the entire costume. The meeting was open to the women of Burlington and judging from the number present the opportunity was appreciated.

The homemakers section expects helpful suggestions for its development through the inspiration of Bertha M. Terrill, head of the department of home economics at the University of Vermont, who represented the state at the San Francisco meeting.

LEONA B. ARMSTRONG.

VIRGINIA

Membership in the Virginia Home Economics Association has increased 75 per cent during the year, making a total of 113. The regular annual meeting was held in November at Richmond. Emma Gunther of Columbia University and Mary Barbour of the Kellogg Company were the chief speakers from out of the state. At this meeting the following officers were elected for the next two years: President, M'Ledge Moffett, dean of women, State Teachers College, East Radford; councilor, Lula V. Walker, State Teachers College, Farmville; vice-president, Belle Burke, University of Virginia; secretary and treasurer, Frances Tabb, Portsmouth.

The outstanding achievement has been the affiliation of almost all student clubs of the state. Practically all state-aided high schools in Virginia have home economics clubs, named for some living person who has attained prominence in home economics. The College of William and Mary and all state teachers colleges have home economics clubs. Forty-one of these clubs have affiliated with the state and national associations. Each club has been sent an attractively designed and prepared affiliation certificate.

Home economics was made a topic in practically all the district educational conferences throughout the state. The retiring president of the State Teachers Association, Lulu D. Metz, was a home economics teacher in one of the agricultural high schools.

Members of the executive committee have been assigned topics for news letters, which will be sent out in mimeographed form when school opens in September. A state-wide survey of the economic aspect of home management through the high schools of the state is planned in September, and will be summarized at the 1925 annual meeting in Richmond.

M'LEDGE MOFFETT.

WASHINGTON

An eastern and a western branch of the Washington Home Economics Association has been formed. A state council composed of elected members from both branches will act as coordinator. The state news letter has been much appreciated.

An effort was made to establish a state-wide program in health education. Several institutions of higher education are offering courses in health education, the nurse, physical educator, and home economist taking equal responsibility for the instruction. Occasionally the psychologist, sociologist, and biologist are called upon. The objective is a unified program. Many secondary schools have adopted similar policies in health instruction and activities.

The Washington Association of Home Economics stands ready to claim for each of its members her rightful place and is ready to yield to all agencies any part of the program for which they are better equipped.

The Sheppard-Towner director is a pediatrician who for three years has been volunteer physician for the coöperative child nutrition service maintained at the University. He has asked for a list of home economics teachers capable of assisting him in the field.

Effie Raitt.

WISCONSIN

The Wisconsin Home Economics Association held its annual meeting in Milwaukee, in November, when the State Teachers' Association met. In addition to the general program, there were particularly helpful sectional meetings.

In two meetings of the Council the program of work for the year was planned. The outstanding achievement was the completion of the first draft of a course of study in home economics for grades seven to ten inclusive. One hundred mimeographed copies of the course of study ware distributed in April to a selected group of teachers. After a semester's trial, these teachers will send criticisms and suggestions to the committee on course of study, after which it will be revised, printed, and distributed to all teachers of home economics in the state.

The local home economics clubs of Wisconsin, which are affiliated with the State Association, have done much to interest and foster membership in the larger association, and have been an effective means of stimulating interesting discussion and of aiding in the solution of local problems. Mrs. Mary Swartz Rose will address two of these local clubs in October. On June 15, there were 297 members—262 with dues paid for 1924–25 and 35 new members with dues credited for 1925–26.

It has not yet been feasible to have a home economics news letter, but it is hoped to use to better advantage the newspapers and educational magazines of the state, both for educational and publicity purposes.

The new work for the coming year is to be the study of school architecture and equipment, with special reference to home economics practice and needs.

Susan F. West.

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Journal of Home Economics

HOME ECONOMICS SURVEYS IN DENVER[1]

EVELYN G. JONES

Denver, Colorado

Curriculum making has been a major interest all over the country in the last five years and so also has it been our major interest in Denver. In the last two years intensive curriculum making has been carried on in all departments by committees of teachers.

The home economics committees, of which there are two, consist of one teacher from each junior and senior high school, making twelve in all. These committees have had the inspiration and advice of our director of home economics and of the director of curriculum revision. When all committees have been ready for outside help, experts have been brought to Denver for conferences. The home economics committees have had such conferences with Dr. Bonser of Columbia University, Dr. Charters of the University of Pittsburgh, and Miss Frances Zuill of the University of Iowa.

When the committees began work we felt that our previous efforts at curriculum making had been too much of the nature of rearrangement of old ideas and prejudices, without gaining anything of worth educationally. We felt that the whole philosophy of education in home economics needed to be clarified in our minds before we could commence our task.

We discovered that there are two theories of education which affect curriculum making. One holds that education is preparation for life. This means a curriculum selected so as to train for adulthood. The second theory defines education as growth, a continuous process from birth to death, each step built upon the one before. This would mean

[1] Presented before the Education Section at the eighteenth annual meeting of the American Home Economics Association, San Francisco, August, 1925. Based on Home Economics Monograph No. 1 of Denver Public Schools, by L. Thomas Hopkins and Kate W. Kinyon.

a curriculum selected from the daily experiences of the children for the purpose of enriching the ensuing experiences.

Home economics education has too long been preparation for adult life. There are hundreds of courses of study which say girls are being prepared to be the homemakers of to-morrow. We are led to infer that girls and boys have no problems of food, health, clothing, or shelter other than in anticipation of the future.

Curricula built to prepare for future life are chosen in various ways. The commonest method is to study old courses, take out the parts common to the greatest number, rearrange them, and call it a new course of study. Another method is the job analysis. This means analysis of the adult homemaker's activities and the imposition of these activities upon the school girl. The material is preparation for future life, but it is so far removed from the daily experiences of the girl that it is difficult for her to make use of it.

Those who hold the view that education is growth at every age have turned their attention from adult activity to child activity. They ask, "What should a girl in a given grade know about food, clothing, or shelter?" To answer this question they gather together the opinions of adults as to what such a girl does and should know. Such courses are strong in that they are built with regard to child activities, but weak in the way in which these activities are determined.

Considering these theories as to education and its aims, the Denver curriculum committees accepted as their guide Dr. Briggs' expression of the aims of education: "To teach pupils to do better the desirable activities that they will perform anyway; to reveal higher types of activities and to make them both desired and to an extent possible." They believe that the curriculum should be a series of experiences so selected and guided and coördinated that what is learned in one experience contributes to the elevation and enrichment of any succeeding experience.

This philosophy meant a turning to the child's activities to see what are being performed now. It meant the building of a body of content to enrich these activities and experiences and it meant that present activities must be directed to the higher types which will probably occur in the future. This necessitated two major pieces of research.

The first step was an analysis of the home economics activities of junior and senior high school girls. A questionnaire was submitted to all these girls (about 5000) on the same day and they answered immediately without any consultations.

The results have already been discussed in the JOURNAL.[2] Briefly summarized, they showed that the home activities most frequently performed by the girls were cleaning, going to the store, caring for their own rooms, and helping in the preparation of meals. It was evident that these should receive more stress in the required courses than skill in cookery. The replies also showed what foods were most commonly used and that not all of these were the most desirable from the standpoint of health. The findings also indicated that the major clothing problem for girls is selection, construction being confined to house dresses and underwear.

These questionnaires could not furnish the whole basis for a curriculum, since they expressed only the present activities. If education is to elevate these to higher activities, we must determine what those probable future activities may be. Here again the committees did not ask authorities what they think will be future home economic activities of these girls, nor did they analyze all home economic activities and decide which should be performed in the future. They felt that the actual activities of Denver homes should be the basis and could be learned objectively by a questionnaire addressed to the homes of school girls to determine what their mothers are actually doing. Time and expense limited this research, so it was decided to send out only one thousand questionnaires. A tentative list of questions was drawn up and answered in interviews with ten mothers, one from each junior and senior high school. On the basis of these interviews, the questionnaire was revised and sent out. They were apportioned to each school and sent out to a list which had been chosen from all families represented, in an attempt to get a cross-section of the occupations of the community.

The parents' questionnaire had as its main points:

1. The family: occupation of wage-earner; number of adults; number of children
2. Clothing: construction; purchase of ready-made garments; remodeling
3. Food
4. Home management
5. Care of younger children
6. Home relationships
7. Extra-curricular activities in schools

[2] Curriculum Making in Home Economics in the Denver Schools. By Kate W. Kinyon, JOURNAL OF HOME ECONOMICS, March, 1925, pp. 148-150.

8. Family finances
9. Home economics for boys
10. Elective or required courses in home economics

Several significants facts were obtained from this part of the survey. Dresses made in the home and those purchased ready-made are on a fifty-fifty basis, the same ratio holding for children's clothes as for adults. It is apparent that selection of ready-made garments is as important as making of garments. Four-fifths of these homemakers do their own cooking, three-fourths can their own fruit and bake their own pastry, two-fifths make their own bread. This indicates major elements for a cookery course, and raises again the question as to whether the school shall accept the making of pies and cakes as a desirable higher activity, or emphasize more fundamental processes and good meal-planning. Seventy-five per cent voiced approval of a family budget and seventy per cent thought that all members of the family should understand the financial problems.

Child care, a distinctly adult activity, is a question demanding serious thought. Only six per cent of the girls indicated that they have any responsibility in care of younger children, but eighty per cent of homemakers thought child care should be included. Perhaps the best that home economics can do in this field is to instill an appreciation of the need of reliable information and a knowledge of sources.

For light on the problem of home relationships, the homemakers were asked to indicate what they considered to be the relative importance of certain causes of failures in home life. They listed them thus:

1. Lack of cooperation between members of the family
2. Unwise expenditure of money
3. Lack of agreement of parents in training children
4. Inadequate moral training of parents
5. Improper expenditure of leisure
6. Lack of love of home and children

What must the curriculum maker do about these facts on home relationships? We must analyze these causes of failures to see what factors home economics can use as leading on to the desired qualities. We must provide opportunity in every course for a conscious and definite teaching of these factors.

In the part of the questionnaire asking homemakers' opinions as to courses in home economics in junior and senior high schools, it is interesting to note that all but one gave first preference to a clothing course.

This being an adult point of view, it has both vocational and economic significance. Food courses have second preference. Courses having to do with management of the home have third place, a position due evidently to lack of appreciation, so long has the good cook and good seamstress been considered a good homemaker.

When the findings of the investigations had been tabulated as to frequency of occurrence, the next step was to analyze these activities into their component parts, which gave the subject matter for the curriculum. The third step was to group these activities in courses of study for the different school years, and the fourth step to select and incorporate the content necessary to enrich, elevate, and make these activities more effective. The objectives for the whole home economics curriculum were derived from the combined investigations and the conclusion was obvious, that the main function of home economics is to contribute to worthy home membership. This objective is analyzed into the following specific elements:

1. Proper health habits and attitudes
2. Right attitudes toward home and family life with
   a. A working knowledge of the processes carried on in the home
   b. A degree of skill commensurate with the present needs and age of the individual
3. Recognition of the importance of the family group in society
4. The ability to save and spend the family income or individual earnings efficiently and intelligently
5. Ability and inclination to participate in a variety of unspecialized, enjoyable, and fruitful spare-time activities

The findings of the study justified the assumption that worthy home economics curriculum material can be selected from the actual present activities of girls. The grouping of the activities of highest frequency into courses for the years in which girls more often perform these activities gave us three required courses as follows:

Grade 7-B: Foods in relation to health
Grade 7-A: Clothing choice
Grade 8-B: Home problems

The standards for enrichment and broadening of experiences were drawn from the homemakers' activities and from the world of science

and art and gave us the following courses to be elected in grades 8-A, 9-B, or 9-A.

1. Foods of other peoples
2. Dinner cookery and hospitality
3. Clothing selection and personal appearance
4. Clothing and millinery construction

These courses give a variety of selection for the girl after her three required semesters of exploration.

In the senior high school the following courses are offered, all elective:

In either semester of the tenth grade:
1. Dress appreciation and construction
2. Meal planning and food preparation

In any semester of eleventh or twelfth grade:
1. Clothing construction
2. Applied costume design
3. Feeding the family
4. Homemaking and child care
5. Applied economics for boys

You may ask wherein these courses differ from those built in other ways? They differ in underlying educational philosophy and they differ in method of approach in teaching, since they are based on child activity. Child activity decreases the emphasis on skills and increases the emphasis on meanings. Among the fourteen courses offered are only two courses on the skill basis and those are elective.

All this gives but a glimpse of how we went about our curriculum building and from our surveys derived our courses. It barely mentions the actual statistics of our findings because they would differ in different sections and communities, and would need to be checked before being used outside of Denver, but we commend to you the method which we believe to be sound from the standpoint of educational psychology and philosophy.

THE PLACE OF CLOTHING IN THE EXTENSION PROGRAM[1]

LUCILE W. REYNOLDS

Massachusetts State Home Demonstration Leader

Knowledge of the subject matter of clothing (and here we are using this word clothing in its broadest sense) brings many satisfactions. First, there is the economic satisfaction. So long as we have homes I think we are going to have clothes made in these homes. Making clothes is one way in which girls and women may add to the income of the family. If they learn to choose the materials wisely, make the garments easily, and care for them intelligently, they can effect a saving in dollars and cents that is very real. As a result of this added knowledge they are also enabled to choose more wisely the garments that are to be bought ready made.

Then there is the esthetic satisfaction which comes to the person who possesses a knowledge of clothing and applies it to her own wardrobe, and which she gives to those with whom she comes in contact. I believe that the satisfaction we get from seeing a wholesome, well-proportioned person, man, woman, or child, suitably and attractively dressed is as real as the satisfaction we have in seeing a beautiful tree or shrub, a lovely painting, or a beautifully proportioned building. This presupposes, of course, a person of fine character whose face expresses intelligence and beauty of soul. The clothes are the background which serves to enhance the real beauty of the person himself.

There is an intellectual satisfaction, too, in a knowledge of textiles and clothing. The study of the development of textiles takes us back to the days of primitive man, to his mode of living, his aspirations, his achievements. If one studies the history of the manufacture of textiles, the development of the dye industry, the development of machine power to supplement man power, one must understand what is meant by the industrial revolution. The invention of machinery, thus transferring to the factory much of the work formerly done in the home and resulting in women entering the industrial world, introduced a host of social problems which are not yet solved. This social revolution also must be studied if one is to understand the development of textiles and clothing.

Really to understand costume design one needs to know the develop-

[1] Presented at the Tri-State Clothing Conference of Extension Workers, Amherst, Massachusetts, June 24, 1925.

ment of costume from the days of the Egyptians, the Greeks, and the Romans, and the influences which have affected costume through the various periods of history.

To understand color one needs to study the spectrum and the laws of physics that apply here. One must also know the psychology of color, and the principles of good design and structure and their application in the use of color. Real information in this field alone requires much careful study and patient investigation.

Quite apart from the value of the subject matter itself is the value which clothing projects have had in the development of extension work in home economics. An interest in clothing seems to be inherent in every one. Most of us have capitalized this interest and used clothing as an entering wedge in a community. There are many reasons for this. The subject matter of clothing can easily be made concrete. Manufacturers have been most cooperative in providing illustrative material. The improved practices recommended in our clothing projects frequently are adopted more quickly than practices recommended in other extension projects, perhaps because they do not require such a radical change in our thinking as a prerequisite. With most people their mode of dressing is not firmly fixed as is their mode of eating. If a woman dresses very differently from the majority of people with whom she associates, she is conscious at once that she is conspicuous. Most of us, without any urge from anyone, just naturally want to have attractive, modish clothing. So in the majority of cases we have no prejudices to overcome, few if any traditions regarding clothing to upset. Everyone sees our clothes. Only our best friends whom we entertain for meals, know our food habits. A woman would be ridiculed to-day if she wore a dress with a train on the street. That same woman may still be scrubbing her kitchen floor on her hands and knees. Her neighbors might pity her for it if they knew it but they are probably ignorant of the fact that she still uses this antiquated method.

It is quite natural, then, that we frequently begin project work in a community by organizing a clothing group. It may be the best psychology to use that approach. It has proven time and time again to be a very effective approach. It is the rapid development and the signal success of clothing projects under the leader training method that has given us courage to recommend a similar plan for nutrition, millinery, and home management.

Clothing to most people who are unacquainted with our program means a new dress. And who does not get a thrill out of a new dress?

Girls and women often enroll in our clothing projects with that aim in view. It is our responsibility, as home economists teaching clothing, skillfully to guide our clothing project groups to see that our interest is in teaching them fundamental principles in clothing, so that they will have not only a good-looking garment (if making a garment is included in the project) but knowledge which will be of value in solving other clothing problems with which they are confronted. We need to remember constantly that our business as teachers is to stimulate thought, to develop in our people habits of thinking. Many of the people with whom we work will be slow to get this point of view and that means that we shall have to stress it continually.

We must strive constantly to develop a program that will meet the real needs of the typical homes in the community. This means that we shall continue to need home surveys, information blanks, record cards, price lists, and other helps to knowing the clothing problems of the people we serve. It means that we shall depend increasingly upon thoughtful homemakers for advice and suggestions regarding our programs. It means that we will work out our goal very carefully, expressing it not in terms of garments made or even practices improved but rather people changed. It means that we will keep a careful record of results and analyze these to see if our teaching is effective, if we have actually stimulated the individuals in our groups to incorporate the improved methods into their everyday practices. We need, too, to analyze the type of person we have in our groups to see if she is the person who will profit most from our teaching. We need to analyze the spread of influence from our teaching and to give serious thought to the development of single practices that can be taught to the masses.

As home economics extension workers we need to consider seriously if we are keeping the proper perspective in our teaching. Are we carrying a heavy major in clothing because that is our own major interest? Or are we considering that in so far as the home economics projects are concerned, the extension program is designed to serve all the needs of the girls and the homemakers with whom we work? Mrs. Mildred Weigley Wood said last year at Buffalo, "Home economics education is a study of behavior in homemaking." If that is true, we shall fall far short of our responsibility as home economics teachers if we continue indefinitely to teach clothing to the same group because it is the easiest thing to do and because we like to teach clothing.

We are now at the stage of our extension teaching when we should be making a closer correlation between the subject matter taught in

clothing and that in our other projects. We have been emphasizing in clothing the charm of simple, attractive housedresses. Cannot we emphasize the importance of good posture and buoyant health in setting off that housedress? We have said to our leaders that their success with their groups would be greater if they themselves wore successful examples of simple attractive dresses made from the guide pattern. Isn't it quite essential that we emphasize the relation of proper weight for height and age, of healthful diet and freedom from constipation, headaches, and other curable ills, if a woman is to look her best?

There is another correlation which needs emphasis. It is the application of the method of anlysis used to solve one's clothing problems to the other problems that confront girls and women. We say to the people in our groups, "Before you buy that new coat or the material for that new dress, sit down and do some thinking. Is it a coat that you most need? What color will best set you off? What color will best harmonize with the rest of your wardrobe? How much can you afford to spend for a coat?" Can we not by taking thought get everyone with whom we work to apply this same line of reasoning to the other choices she must make, to the choice of household textiles, of the background colors for the walls, of foods that make for health, of desirable magazines and books? Perhaps she makes the application herself, but isn't it worth our while to point out the relationship? Do we not want to encourage our people to be discriminating, not only in their choice of clothing but also in their other choices?

It is safe to predict that clothing will always be a popular project in home economics extension. It is our responsibility so to shape our clothing programs that they shall be comprehensive, forward-looking, dynamic; so to organize our teaching that we get maximum results with minimum effort; that we keep in mind always that as teachers we are entrusted with the development, first of all, of people; that we are successful, not because so many dresses have been made or so many guide patterns have been fitted, but because we have stimulated an increasingly larger number of persons to be intelligent, to adopt the best possible standards, and to think for themselves.

THE NURSERY SCHOOL IN THE HOME ECONOMICS CURRICULUM

HELEN MONSCH

Cornell University

The nursery or play school as a part of child-training work is a comparatively new development in the home economics curriculum. For this reason the details of Cornell's first school may be of help to those who have started or plan to start this work.

As a part of the child-training work, the nursery or play school has been given a large place in the summer school session at the State College of Home Economics at Cornell University in 1924 and 1925. Beginning with the 1925–26 session child training with a nursery or play school as a laboratory has become a part of the four-year course in home economics.

The nursery or play school for the summer session at once met with the enthusiastic approval of both graduate students and mothers whose children were of play school age—at least two years old but not older than five years. Both last year and this, many more applications were received than could be admitted.

The following outline shows how the school was conducted.

PLAY SCHOOL, SUMMER SESSION

Aims. 1. To train home economics students in child training and feeding.

2. To provide a laboratory for studying the behavior of children.

3. To provide a play school where children may form right habits of living, including habits of association and normal reaction to other children, of play, of regular eating and hygiene.

In connection with the play school, conferences are held by the staff of the play school with the mothers of the children in the school, for the purpose of giving them help in the training and feeding of their children.

Direction, teaching, and management. The staff of the first nursery school consisted of a child training specialist, a kindergartner, and a dietitian, all three on full time, and a physician on part time.

Students. These were graduate students in home economics.

Courses. The two offered in 1924 were described in the catalog as follows:

"Child Health and Nutrition. Credit two hours. Prerequisite a sound technical knowledge of dietetics. Conferences, daily except Saturday. Practice by arrangement to alternate with practice in the course in child training, daily except Saturday.

"This course is designed to meet the needs of persons having thorough technical training in nutrition who desire intensive study of the problems of hygiene and feeding of children during the period of infancy as well as preschool and school years. The best ways and means of securing better food practices among children will be considered. This will necessitate close correlation with the course in child training. Students registered for this course are therefore advised to register for part or all of the latter. Laboratory practice will consist of the study of the problem of feeding a group of pre-school children and the opportunity to plan, prepare, direct, and observe the midmorning and noon lunches of this group. Registration limited to twenty students. Laboratory fee, $3.

"Child Training. Credit two to four hours. Prerequisite general or educational psychology. Lectures and conferences, daily except Saturday. Practice by arrangement to alternate with laboratory practice in the course in child health and nutrition, daily except Saturday.

This course is designed primarily for persons interested in teaching home economics who feel the need for a greater knowledge of the problems of child training. The lectures and conferences include study of the behavior problems of children and ways of meeting them. The nursery school provides the problems of teaching, directing, and observing the habits of a group of preschool children. The course is closely correlated with the course in child health and nutrition. Students registering for this course are advised to register for that also. Registration for lectures not limited. Registration for practice as well as lectures limited to twenty students. Laboratory fee, $5."

The summer session for 1925 included courses in child feeding, practice in child feeding, advanced nutrition, child training, practice in child training, child care, and a seminar in child training.

The children. The number was limited to 18, largely children of faculty families living on the campus.

Hours. The school was in session from 9:00 a.m. to 1:00 p.m., though parents desiring to attend child-training lectures at 8:00 a.m. were permitted to bring their children at this time.

Program of the play school. This was not at all formal, varying with the occasion, the child, or other consideration, but the usual schedule was somewhat as follows:

1. Medical examination	9:00– 9:15
2. Music	9:15– 9:30
3. News	9:30– 9:45
4. Mid-morning lunch	9:45–10:00
5. Work—blocks, clay	10:00–10:45
6. Out of doors	10:45–11:45
7. Rest	11:45–12:00
8. Lunch	12:00– 1:00
9. Wash teeth, go to toilet, and go home	1:00

Meals served. These were a mid-morning lunch of orange juice and cod-liver oil and the noon dinner.

Transportation. The children were taken to and from school either by a parent or in a bus especially provided at the expense of the parent.

Cost per child. Each child paid twenty cents a day to cover the cost of food and also paid bus fare when the bus was used.

Location. A practice apartment in the home economics building was used for the play school. It included a large living room with large, low window seats on which the children could play with their toys. Opening into this living room through folding doors was a fairly large dining room. The rugs, cushions, and ordinary furniture were removed from these rooms and monk's cloth tacked around the walls to protect them from the prints of little fingers. One bedroom was set aside for the after-luncheon nap. Another was used as a medical examination room and contained the scales, tongue depressors, and other special equipment. In the bathroom used for the school, the floor was raised and a wooden rack with special hooks for individual toothbrushes and towels was placed where the children could reach them. One long wooden frame with clothes hooks for wraps and hats was placed in the hallway. As the children entered, they removed their wraps, hung them on these hooks, and then went immediately to the living room. A large roof porch opening from the dining room made outside play possible when the grass was damp. The living room opened on a grassy campus. The apartment kitchen opening off the dining room was used for preparation of meals for the children.

Equipment. In 1924 the kindergarten tables and chairs and the fresh air cots were borrowed from the public schools. In 1925 small tables to seat four persons, one student or instructor and three children, were procured. Dishes from the foods laboratories, the piano from the practice apartment, and various other articles were borrowed from various divisions of the university. A list of the equipment with the source and cost of each item may be obtained from the college.

Records. These included: individual medical records, individual height-weight records, daily records of food eaten, daily record of bowel movements, record of food and health habits before and during the time of attendance of play school, record of child behavior to show mental and social development.

The courses in the regular sessions have been greatly aided by the fact that the executive committee of the Laura Spelman Rockefeller Memorial has made an appropriation to Cornell University for the development of instruction and training in child care in the State College of Home Economics for a period of four years beginning July 1, 1925. It comes as a result of a study made by the Rockefeller Memorial of the work in child care, feeding, and training already established there, of the expressed need of mothers for this training, and of the opportuni-

ties open to persons prepared to give child training instruction in both the teaching and extension field.

With the development made possible by the Rockefeller appropriation, additional courses in child training are being given in the College of Home Economics since October, 1925, to meet the need for teachers and workers and to assist mothers anxious for help on the problems of child discipline and character development.

The present project in child care and training includes resident courses for students in the four-year course in home economics who are preparing to become homemakers, teachers of home economics, or extension or socail workers in home economics. Resident institutes and short courses will be arranged to bring back to the College teachers now in service, home demonstration agents, junior extension workers, boys' and girls' club leaders, nurses, social workers, and others especially interested in work with children. Other short courses and special demonstrations will be planned for chairmen of parent-teacher associations, presidents of mothers' clubs, and other lay women who are interested to lead a program of child-training work in their communities Provision will also be made for developing child-training work in the state on the same basis as extension work is now being done in other home economics projects. Research in child-care and training problems is also needed and will be undertaken if time and funds permit.

A GENERAL COURSE IN HOME ECONOMICS FOR HIGH SCHOOLS

HELEN LIVINGSTONE

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In recent years it has been the problem of home economics educators to construct courses of study which would not only meet the changing needs and interests of high school girls but also appeal to girls of different types of background and training. Some leaders have thought that home economics should contribute toward the education of every girl in attendance at the public high schools. In order to meet this demand it is necessary to construct a different course of study from those usually offered in food preparation and study, clothing construction, and household management. At the Cass Technical High School, Detroit, there are ten four-year technical curriculums offered for girls. In consequence

many different types of girls attend the school. There are highly talented girls in art and music, bright, studious girls in science, and girls of a very practical sort in other vocational courses. There are girls from wealthy communities and average American homes, girls working their way through school and girls of foreign parentage. These conditions seemed to offer an excellent opportunity for experimenting with a general course in home economics which would fit into any of the curriculums.

Each semester during the past five years seven members of the home economics staff, under the direction of the writer, have been experimenting with and revising such a course of study which comprises one semester's work. The aim has been to choose subject matter, construct and present a course that would interest at least ninety per cent of the girls, and finally to develop a course of such intense interest to high school girls that a girl unable to pursue it would consider that she had met a distinct loss. Very early it was discovered that the mode of approach and the point of view taken in the presentation of the subject matter were most important.

Since February, 1924, the course has included three divisions, social cooperation, health, and thrift, and these in turn are divided into units of work as follows:

Social Cooperation. Unit 1. The contribution home training may make toward a student's school civic habits.

Unit 2. The development of desirable family relationships.

Unit 3. Home training as reflected in community responsibilities assumed by the family.

Health. Unit 4. Hygiene problems as health accomplishments for well-groomed high school girls.

Unit 5. Clothing and its effect upon a high school girl's health.

Unit 6. Food and its effect upon a high school girl's health.

Unit 7. How the high school girl may help keep the family in good health.

Unit 8. Health a high school girl's responsibility as a citizen.

Unit 9. The relationship of clothing to health as a citizenship obligation of the family.

Unit 10. The relationship of food to health as a citizenship obligation of the family.

Unit 11. Health responsibility of every community.

Unit 12. Good health an asset.

Thrift. Unit 1. A high school girl's time and energy program.

Unit 2. A high school girl's spending program.

Unit 3. The distribution of a high school girl's money allowance.

Unit 4. A high school girl's three-year clothing budget.

Unit 5. Thrift in time in relation to the home-constructed garment versus the ready-to-wear garment.

Unit 6. Relation of a high school girl's budget to the family budget.

Unit 7. Thrift in purchasing clothing as one means of developing an efficient conscience.

Unit 8. Thrift in the purchase of food.

Unit 9. Thrift in time in preparation for any work or play.

Unit 10. Thrift of time and energy in relation to the arrangement and management of the household.

Unit 11. Thrift of time in knowing how to keep well.

Unit 12. Development of judgment as to the method a high school girl should use in estimating the money value of her time.

Unit 13. Thrift in money as attained by a good citizen of the community through an understanding of a few principles of economics.

Unit 14. Advancement. Why plan to save time, energy, and money?

The units of work are listed above in the order which has brought the best results in our school, but they can be given in any order which meets the satisfaction of the class. In each division the work is approached through the interest of the individual and leads into family and community responsibilities as these may be developed by home training.

The facts to be learned are repeated in several units of work because the formation of habits requires some drill. A different point of view or aspect is taken each time a subject is presented, so that the material seems new to the pupils though it may be old to the teacher.

The girls have been very much interested in this course and it has recruited a goodly number of pupils for home economics who, usually, do not consider such courses in high school. The course is required for graduation in all curriculums.

The units are not considered of equal value. They should be adapted to the needs of the class. A satisfactory distribution of the total time is: Social cooperation one-sixth, health one-half, thrift one-third.

A unique outline of laboratory practice is planned for this course, an important part being the arrangement of typical work which demonstrates the lessons. An attempt to develop intelligent consumers, one objective of the course, is made by trips to stores, markets, and commercial food distributing places, during regular class hours.

In the words of a new member of the staff, "This is hard work, but I believe it should be done that way."

TEXTILE INFORMATION THAT FUNCTIONS IN THE LIFE OF THE STUDENT

CLARA M. BROWN

University of Minnesota

The method and the content of textile courses have been undergoing radical changes within recent years. In the days when home economics consisted chiefly of cooking and sewing, people said that it was not on a par with the academic subjects of the curriculum. So home economics teachers began to emphasize the scientific side of their work; and since clothing construction did not lend itself to being made scientific, zeal was centered on textiles. We contended that textiles could be as scientific as foods and nutrition, and we proceeded to work out courses that proved it. Now we have begun to question whether that is what our students most need.

Science and technical information undoubtedly have their place, and they will surely have an increasingly important place in home economics. Nevertheless, while technical science is essential to research workers and to specialists, a relatively small amount is really essential to the majority of the girls who take the home economics course as a training either for homemaking or for teaching such subjects in the secondary schools. This is equally true of both college and high school work, for the method of teaching textiles which proves to be most effective with one of these groups is equally effective with the other. The subject matter may not be identical, but the emphasis should be placed on about the same points. It is the economic phases of textiles which need emphasis rather than technical information regarding the industries.

We have made the same error in textile teaching that has been made generally in education, thinking that if we handed out to students well-organized subject matter—logically-arranged facts about textile fibers, for instance—they could by some mysterious process of transmutation apply this information when occasion arose. We are beginning to realize that people learn to do things by practicing doing those particular things—not by doing something else or by taking lecture notes about them.

In the past year or two we have heard a great deal about job analysis and many have been striving valiantly to analyze the complicated job of homemaking. It is too soon to predict all the good that will come out of this movement but already one very definite contribution has

been made, namely, the differentiation between essential and auxiliary information.

When I first began to analyze jobs in the construction and selection of garments, I found that in my teaching I had been emphasizing the auxiliary information and more or less trusting to luck that my students would acquire the essential information. For example, in the study of cotton we discussed the production, the preparation for manufacture into cloth, the weaves of the cotton fabrics, something about the finishing processes, including the technique of bleaching and dyeing, and we made sure that the student could identify the most commonly used cotton fabrics, describe them, and tell their uses.

Now just what does a girl need to know when she goes down town to buy material for a cotton dress? That cotton grows best on a "sandy, loam soil," that in 1912, 28,315 bales of Brazilian cotton were imported into the United States? Hardly. Is it not much more important that she know whether the fabric she selects will hold its color, whether it is a texture which will look well made up according to the design she has chosen, and whether it is worth the price?

The inexperienced teacher tends to place the emphasis on the production and manufacture because those are minutely described in the textbook; but if one is to do much with fabrics, one must have fabrics to handle, and these can be secured only by outlay of money or very careful planning or both. Then, too, if one is to discuss prices of textiles, one must go into the why and wherefore of prices; many teachers fail to tackle this topic, feeling that they are not well enough versed in economic theory or that they cannot afford to take the time to keep up-to-date. Keeping up-to-date is essential if one is to teach textiles. The facts of to-day will not be the facts of to-morrrow. Yesterday the cotton belt was confined within the latitudes of 35° north and south; it is no longer. Yesterday Texas was the most western state in which cotton could be grown successfully; to-day some of our finest cotton comes from Arizona. Yesterday flax must be pulled by hand; to-day flax-pulling machines are working effectively. Yesterday yarn-dyed fabrics had faster colors than piece-dyed ones; to-day some of the colored fabrics that carry the most ironclad guarantees are piece-dyed. One recognizes anew Lowell's insight when he said:

> New occasions teach new duties; time makes former good uncouth;
> He must upward still and onward, who would keep abreast with truth.

Now to return to the specific matter under discussion. What does function in the life of the student? Experience will bear out the assumption that only that information functions, first, which is understood; second, which one is trained to use; and third, which one finds opportunity for using. By that which is understood is meant the information which is a person's own, which ties up with one's previous experience or interest—not definitions or methods of doing a thing handed out by some one else for our consumption. Take as an example, a detailed discussion of the classes of dyestuffs and the methods of application. While such facts could be understood and used by the dye chemist, the college freshman who learns them is no more prepared to go home and dye a dress than if she had never heard of them. If, however, in the explanation of vat dyes, the superiority of this type for dyeing cotton is mdae clear and illustrations of their use are given (as in fabrics guaranteed fast to light), then this technical information may be understood and utilized to the extent that the person may use better judgment in purchasing cotton materials.

Let us make sure that our students have sufficient practice in examining materials, in finding out why one wears well and another does not, in figuring out whether the "latest thing" on the market is worth the price asked for it. Let us take as an example the ex-student who took textiles in a season when ratine was quite passé and not mentioned among the fabrics studied in class. Another year when she goes shopping, ratine greets her on every hand; it is stylish and she buys it. Before the dress has seen much service, it begins to sag at the seams and get out of shape and either an expensive dress goes into the discard or an unhappy girl wears it and hates it. Sufficient practice in examining fabrics and drawing her own conclusions as to their worth would have made a different story. She might have bought ratine, but instead of buying the first piece she saw in the color she desired, she would have "shopped around" until she discovered one that was firmly enough woven to keep its shape.

Too frequently we have thought that we were being very practical when we taught students how to test fabrics. But the testing consisted mainly of microscopic study and chemical tests. The fact that a microscope is not found in the average home and that H_2SO_4 and Millon's reagent are not usually kept in the family medicine chest never entered our heads. The use of the microscope and laboratory tests were taught without consideration as to whether or not the student would ever have opportunity for using them.

Recently in Minnesota, we worked out an objective test in textiles

and gave it to about ninety girls in three different high schools. Some of the questions were of the fact type and some of the application type. The girls quite generally did better on the former than on the latter. For instance, 97 per cent knew that pongee was made from wild silk while only 52 per cent knew what precautions to observe in washing white silk to prevent its turning yellow.

Does this mean that we should not teach anything that does not have practical application? Not at all. We should teach all the science and technical information we can find time for; discuss geographic and historical influences; try to make the study of textiles as fascinating as Greek mythology, as full of the latest discoveries as the most popular scientific magazine; take our classes through every textile factory within reach. But first—and here is the crux of the matter—we should make sure that they get those so-called practical applications; not only that they are introduced to them, but that they use them and use them intelligently. We can no longer delude ourselves into thinking that our job is done when we have indicated what they might do; we must see them do it.

In conclusion, I should like to make a few suggestions as to some practical steps that we can take to find out what textile subject matter does function in the life of the student. First, I would suggest that we analyze a few specific problems, common to the average homemaker, such as the selection and making of a summer dress, the purchase of underwear—ready-made or the makings for it—the purchase of a winter coat or of material for the baby's rompers. Then segregate the essential from the auxiliary or related or helping material. Work out some tests of the scientific type (such as true-false, alternate choice, and the like) so that scoring may be objective and expeditious, and include in these tests this essential information. Give them to the students at the end of the term or at intervals when quizzes are due, and analyze the results. This should throw some light on the matter. The fact that they can answer these tests intelligently may not be a sure criterion that they have this knowledge in usable form but it will be at least one step in the right direction.

Thus little by little, with such checks as I have indicated, bearing in mind the future use which the students will make of what is taught, it should be possible before long to evolve a course in textiles which will be of practical assistance to the girl in her future buying and using of textile fabrics.

EDITORIAL

American Education Week. The designation of a week in November (this year the 16th to the 22d) for special patriotic celebration in the schools and for the special consideration of school problems outside of them is now a recognized institution. Before this JOURNAL reaches its readers the programs and suggestions worked out jointly by the United States Bureau of Education, the National Education Association, and the American League, will have been distributed far and wide, and home economists will have decided what, in school and out, shall be their special contribution to the success of the week. In harmony with the underlying thought of the week, the JOURNAL this month devotes an unusual amount of space to articles bearing directly on home economics education. In addition it seems appropriate to try to bring together briefly some of the noteworthy tendencies of the year.

The Year in Home Economics Education. When a year ago American Education Week led us to home economics stock-taking, health education seemed most conspicuous among recent developments. It has fully maintained its prominence and the place of home economics in it has become more generally recognized and defined. Child care, which in 1924 was rapidly coming forward, has made almost unexpected advance. Nearly every month the news section of the JOURNAL tells of more college and university courses in child training, more schools in which the subject is being introduced, to say nothing of the great variety of health organizations and women's clubs that are including it in their major interests. The influence of the Merrill-Palmer School continues to be marked not only because of its excellent program and standards, but because thus far its graduates represent our most important source of properly-trained leaders. The idea of education for homemaking continues to grow in popularity and is an important cause —or is it an effect?—of the dwindling of the conception that home economics means merely skill in the domestic arts. An increasing number of schools have tried out courses in home economics for boys and their success in encouraging others to do likewise.

Among the interesting tendencies which have become conspicuous

during the last twelve months is the increased use of the survey as a tool in curriculum making and course planning. For home economics in the city school system, the work in Denver, described by Mrs. Kinyon in the March JOURNAL and by Miss Jones on page 629 of this issue, has been especially inspiring, and from the interest shown in San Francisco it seems probable that similar studies of actual home needs and conditions will be yet more emphatically urged by home economics teachers in other cities. In fact, our home economics education section has for a year and more been at work on surveys of home practice in clothing construction and laundry work, intended to show what should and should not be included in school classes. The paper which Miss Edwards of Rhode Island presented before the Associations of Land Grant Colleges last November and which formed the basis of her article in the April JOURNAL, indicates that the home economics departments in our colleges are also recognizing the utility of this new educational tool.

The subject of family relationships is another which has become more and more prominent in the home economics world during the last year and which bids fair to receive yet more attention in the near future. Very few have yet attempted to formulate exactly what they would include under it; nevertheless there is a growing feeling that in this complicated new world of ours we must somehow manage to make people realize the relation of the individual to the family and of the family to the community, together with the economic, social, and moral import of those relations. Nearly every outline for a course in homemaking or for a general or survey course in home economics includes some such topic, despite the vagueness of the idea and the lack of good reference material. A few colleges and secondary schools already offer special courses. That not all of these are under the ægis of home economics was shown by Mrs. Cabot's article in the August issue. It is a cause for sincere gratification that Miss Bane, this year's holder of the Ellen H. Richards scholarship, proposes to devote her study to developing a "point of accord with sociologists and economists as to the place of the home and family in the present social and economic order."

The National Education Association Program. Nearly all of the eleven points which an editorial in the October *Journal of the National Education Association* discusses are of interest to home economists. All of us are concerned with training for teachers, both before and during service, with their salaries, tenure, and pensions, and with better administrative procedure in our school systems, for all of these have vital

influence on the quality of the instruction given as well as on the welfare of the teaching profession. The just control of child labor and the establishment of a department of education are policies to which we are committed by the action of the American Home Economics Association; education for world cooperation seems to many of us the chief hope for attaining the international understanding on which world peace must finally depend.

World Federation of National Education Associations. That some of the chief of the recent developments in what in America is known as home economics education are not confined to this country is shown by the resolutions passed at the international meeting of educational associations in Edinburgh last July. Out of twenty, two emphasize the especial importance of pre-school education, and one is devoted to health education. Pervading many of the others is an idea with which home economists are in hearty sympathy—that the surest way to promote international goodwill is to let the nations, and especially the children, known how other nations and children actually live, and to develop personal contacts between individuals of similar interests in different countries.

Our Representative at Constantinople. It is a pleasure to announce that Ethel Stilz has been appointed professor of home economics at the Constantinople Women's College and sailed on September 19 to go direct to her new post. Miss Stilz received a diploma from Pratt Institute and her bachelor's degree from the University of Chicago. From 1914–17 she taught at Pratt, from 1920–25 at Indiana University, and at the University of Chicago during the last summer session.

Since Mrs. Norton went to Constantinople in 1921, the Constantinople Fund of $6000 raised by the Association has been used to pay the modest salary of the person who represents home economics in the higher education of women in the Near East, while the College has provided living in Constantinople and travelling expenses. The original fund in now exhausted, but the College has asked the further help of the Association in continuing the work of the home economics department so successfully launched by Mrs. Norton and her successor, Miss Murphy. At the San Francisco meeting the Association voted that while it could not at present undertake to raise or guarantee the $1000 a year requested by the College, it strongly urged the collection of the money by individual gifts, and suggested that student clubs might very appropriately be interested in the work.

Readers of the JOURNAL do not need to be reminded that the direct influence of Mrs. Norton and Miss Murphy has extended beyond Constantinople College itself, and that thanks to their successful contacts many schools and relief agencies in the Near East have been made to realize that training for homemaking has educational and social possibilities beyond the acquisition of skill in cooking, sewing, and cleaning. A noteworthy illustration is the help given by Miss Murphy to the Near East Relief, especially in developing the program in its orphanage schools, as shown in the JOURNAL for April and May. The Turkish government is at work on a new program of education for girls and there are indications that American methods are likely to be especially considered. Evidently this is a strategic time to have a well-trained, broad-minded home economist in an institution like the Constantinople College for Women which has a well-established reputation for high academic ideals and for the confidence given it by all parties. The significance of our opportunity is obvious. We shall follow Miss Stilz's work with the warmest interest and it is inconceivable that we should fail in our financial support of our representative in the Near East. Any clubs or individuals interested should write to the chairman of the international committee, Mrs. Alice P. Norton, 53 Crescent Street, Northampton, Massachusetts.

The "Simples" of Education in Africa. Home economists who had the pleasure of meeting the group of alert, intelligent young British missionary teachers who visited this country a few years ago to get ideas for work in schools for natives in East and West Africa will have been interested in the recent reports from the Educational Commission which in 1924 visited East and West Africa. The work was done cooperatively by British and Americans, the Phelps-Stokes Fund contributing generously as it had done to an earlier commission sent to Africa in 1920–21. An exceptionally good summary of the present educational conditions and needs of African natives was made by Dr. Thomas Jesse Jones at a dinner given by His Majesty's Government in London last March in recognition of American cooperation, and excerpts from the speech are available to American readers in the June issue of *The Southern Workman*. Few persons are better qualified than Dr. Jones to form a clear, unbiased judgment of the situation since he views it as an unusually well-informed outsider; he has for years been closely associated with the problems of negro education at Hampton Institute, with the U. S. Bureau of Education and the Phelps-Stokes Fund, and with both commissions to Africa.

In his London speech he reduces educational essentials to their lowest terms, which he states as four fundamentals or "simples": sanitation and health; agriculture and simple industry; the decencies and safeties of the home; and healthful recreation. Nowhere, he says, has a difference of opinion been found as to the importance of these four objectives, and he goes on to say:

> The complete school organization must provide for the training of the masses of the people as well as for native leadership. The great lessons of history, science, art, and literature are as essential to native leadership in Africa as to the leadership of the people of other continents. The fundamentals or "simples" should, however, be recognized as parts of every phase and grade of education. The demands of health, agriculture, industry, the home, and recreation should be as vitally considered in the higher levels of education as in the lower.

There are four main agencies concerned with native education in British Africa: the Colonial governments; the settlers, traders, and industrial leaders; the missions; and the African people themselves. The governments, he feels, are only beginning to recognize the potentialities of education and to expand their rather narrow conception of it; their enthusiastic acceptance of the simples named and the appointment of a Colonial Office Committee on Education are encouraging for the organization of an effective school system. The methods used by the U. S. Department of Agriculture, in its farm and home demonstrations, its food control, and its farm management work, might well be adapted to the needs of African natives. The settlers, traders, and industrial leaders are generally considered antagonistic to African development, but the commissioners found definite evidence of willingness to support an educational system based on the four simples. Hitherto the missionary societies have organized and maintained 80 per cent of the schools for native people.

> However mistaken they have occasionally been in their type of education, they have taken to Africa the methods and ideals known in the home country. . . . . The origin of our Commissions in the request of missionary societies for a review of their work indicates the sincerity of their desire for better methods. . . . .
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> One form of school service organized by missions deserves special consideration: the little out-schools . . . . with their native teachers of limited training, have often been futile and in many instances harmful in their conceits. Their potentialities are, however, among the greatest of all school

organizations in Africa. With the aid of Government, settlers, and traders, these little mission schools can be made the centers of a propaganda for health, agriculture, and character that will be of great value to colonial welfare. Fortunately this fact is being recognized in several of the British Colonies.

The influence of the natives on their own education, Dr. Jones considers, will become greater and greater. It will be impossible to provide white teachers for the millions of natives, and, moreover, only the native teacher can fully understand native life. African teachers, both men and women, have already proved that they can be trained and can render unique service.

Institute for the Coördination of Women's Interests. As this JOURNAL was going through the press, announcement was made of the establishment at Smith College of an institute which plans to attack some of the problems of modern homemaking as they appear to the educated woman. It is to be financed for three years by the Laura Spelman Rockefeller Memorial, and its purpose, as defined by President Neilson of Smith, is "to find a solution for the problem which confronts almost every educated woman to-day; how to reconcile a normal life of marriage and motherhood with a life of intellectual activity, professional or otherwise." Dr. Ethel Puffer Howes is its director, and most appropriately, since it was she who first conceived the idea and persuaded the College and the Memorial of its practicability. Home economists probably know her as a thoughtful writer in such magazines as the *Atlantic* and the *Woman's Home Companion*. They may not realize that before her marriage she was gaining recognition among the distinguished psychologists of the country, her book on "The Psychology of Beauty" being classed as authoritative in its line. She is a graduate of Smith, studied at Berlin and Freiburg, took her doctor's degree at Radcliffe, and taught there and at Wellesley. Combining as she does the training of a psychologist, the practical experience of a homemaker and mother, and first-hand knowledge of the higher education of women, she is eminently qualified to work out a constructive program for the new Institute. Space in this issue is not available for telling what that program is to include, but it is bound to be of vital interest to home economics, and the JOURNAL hopes soon to give its readers a more adequate statement of the underlying philosophy and the practical plans of the Institute.

OPEN FORUM

Home Economics in the Frankfort Health Program. A twelve-weeks health campaign opened in the public schools of Frankfort, Kentucky, in January, 1925. That essential part of the program relating to instruction in foods and food habits was in the hands of the home economics department of the Frankfort high school, under the supervision of Elspeth Bennett, State Board of Health nutritionist.

Each of the seventeen senior domestic science students was assigned a class room, thus dividing the work among five hundred children in three schools. All the children were weighed at the beginning. The normal ones were weighed every four weeks afterward, and their names posted on an attractive honor roll. Those underweight were weighed every two weeks and helped to reach normal if possible.

Once a week the student spoke to her class for fifteen or twenty minutes on one of the following subjects: breakfast, milk, tea, coffee and soft drinks, cereals, fruits, vegetables, meat, sweets, eating between meals, water, sleep and rest, and teeth. Often the talks were illustrated by attractive posters, and contests or games helped to induce the acquiring of certain habits. Although emphasis was placed on correct habits, students also gave simple, accurate information about food value, place in diet, and preparation. Before the students' talks each week, Miss Bennett or I led a discussion of the subject, and the students outlined their work and adapted it to the intelligence of their different groups.

Increased sales of fruits and vegetables at the penny lunch were among the first results. The proportion of children 7 per cent or more underweight decreased from 42 per cent in January to 33 per cent in April.

With interest in proper foods and correct habits came a new appreciation of home economics instruction in the community. Grade teachers reported individual cases of behavior or schoolwork problems solved by better health habits among the children. Even little people in elementary grades knew what vitamins and minerals were, and could tell what foods they must eat in order to be well and happy.

For the students, home economics became alive. Theories were no longer theories, but facts, proved by themselves in actual practice.

There was a keener appreciation of good health, and deeper interest in their own habits. Even speech-making, at first an alarming part of the program, lost its terrors. Several of the girls developed a previously unknown regard for children, and all of the students were aroused to a sense of community welfare.

CAROLYN LUTKEMEIER,
Frankfort High School.

Dietetic Problems in Texas Home Management Houses. At the Texas State College for Women a very definite attempt is made to apply in a practical way scientific dietetic standards. All vocational home economics students majoring in foods are required to spend from four to six weeks in actual residence in one of the two home management houses, a course in dietetics being a prerequisite for this work.

Even with the background of dietetics thus provided, there are a number of difficulties to overcome. The students have not developed originality and are inclined to follow the dormitory menus and home habits. Because Texas is still a grazing state, with large quantities of beef produced and hog raising an important industry, many Texans think it necessary to use meat three times a day. When the use of a substitute is suggested, macaroni and cheese is about the only one the girls think of. They do not seem to realize that such products as milk and cottage cheese may take the place of meat in menu making. They use eggs liberally but do not seem to know how to use milk in cooking.

They have not formed the habit of eating a variety of vegetables, and if allowed to follow their own inclinations will use canned rather than fresh ones. Potatoes in the skins are seldom served. Irish potatoes are less commonly used than in some parts of the country, and though sweet potatoes are used liberally they are often candied, or mashed and baked with marshmallows. The students are very fond of fruit salads but do not use vegetable salads to any extent, nor do they appreciate the value of dried fruits. Too much fat is used in seasoning and in deep-fat frying, and entirely too much salt, pepper, sugar, and spices.

Because a great many of our girls come from ranches where much of the food of the family is raised, or because they have not been accustomed to such responsibilities at home, they have little conception of how to order economically in small quantities.

Under these conditions, it is plain that emphasis must be put on food selection and meal planning. In addition, it is necessary to include

specific dietary problems planned by the home management and dietetic instructors and assigned to the students. Each girl works out her own food requirement according to her activities and the meals served must be made to meet the total food requirements for the group. Weight charts are kept, and the underweight student endeavors to bring her weight up to normal by adding extra calories and by observing good health habits; while the overweight student endeavors to decrease her weight. Because of the regular hours observed in the dormitories and the requirement that students attend all meals, our percentage of underweight young women is low.

Other dietary problems are introduced from time to time. Sometimes it may be the working out and serving of diets properly balanced and adequate according to the generally recognized standards.

Another type of problem is the working out of low and high cost dietaries, using the usual figures for costs per 100 calories and per average serving. It is interesting to observe that when students choose their foods without particular regard to prices, the costs vary as much as from 38 cents to 89 cents per person per day. Of course food is bought in quantity and the prices are somewhat lower than regular retail prices.

Still another type of problem is scoring the dietaries for calories and costs by the use of standards suggested by Sherman.[1] The actual expenditure for a year in the two home management houses was found to be divided as follows: Meats, poultry, and fish, 17 per cent; milk and its products, 27 per cent; breads, and othor cereal products, 8 per cent; vegetables and fruits, 30 per cent; eggs, 6 per cent; sugar and syrups, 3 per cent; miscellaneous, 9 per cent.

Though on the average the calories from protein were not more than 15 per cent of the total, the cost of meat appeared high. This is accounted for by the liberal use of such meats as T-bone and porterhouse steaks, poultry, oysters, and other sea foods. The cost of breads and cereals was low, as is the case in most dietaries not extremely low priced. More was spent for fruits and vegetables than Sherman's standard suggests, but this is probably desirable if the income allows, at least in a region where the ordinary tendency is toward a restricted use of these important foods.

LUCILE ROSENBERGER,
MAY E. FOLEY,
State College for Women, Denton.

[1] Sherman, H. C. Chemistry of Food and Nutrition. Second Edition. New York: The Macmillan Co., 1918. Page 390.

The Health Express. For hygiene work with primary school children, a sand table recently made by a class of fourth-grade pupils may be suggestive.

We first represented on the sand table a simple country scene. Then we laid a toy railroad track through the center, reaching from one corner of the sandtable to the other. On this we place a toy train which reached nearly the full length of the track and which was loaded down with all kinds of fresh fruits and vegetables. The words "The Health Express" in large letters were arranged on a poster above the sand table.

The year before the children had worked out the idea of the health train on a large poster. One of the boys drew a big engine and cars, and the latter we loaded high with colored pictures of fruits and vegetables. The words of the title, "The Health Express," were arranged above and below the train. The poster gave very good results.

EDYTH YOUNG COTTERLL,
Burlington, Washington.

The Measurement of Informational Facts in Food Study. During the last two or three years there has been worked out at the University of Iowa a test in food study with tentative norms. This was made possible by the whole-hearted assistance of teachers of home economics in several cities, among them Baltimore, Urbana, Minneapolis, Davenport, and Ames. Test construction and statistical procedure were carefully supervised by a specialist in tests and measurements from the education department. Acknowledgment should also be made of the cordial cooperation of the instructors and senior students of the home economics department.

The specific problem undertaken was to select and arrange in test form certain elements of usable and essential informational value which would be common to courses in the selection, preparation, and use of food as presented in ninth or tenth grades in the general high school.

The essential preliminary step in all test construction is the selection of subject matter which will pass the test of validity. The National Association of Directors of Educational Research has defined validity as the correspondence between the ability measured by the test and the ability as otherwise objectively defined and measured. The problem then becomes the selection of a fairly small sampling of facts which is representative of all the facts. The life situations concerned with the selection, preparation, and use of foods include all the facts, but it is a tedious matter to disentangle the individual items of information

involved. An analysis of five widely-used high-school textbooks in food study was made, and subjects and items appearing most frequently were selected.

The test was drawn up in two forms, A and B, for the purposes of self-correlation to establish reliability. Each form has twelve parts, corresponding to various divisions of the subject matter, such as animal foods, vegetables, and batters and doughs. The number of items in each part varies from ten to thirty, but each form contains in all one hundred eighty-six items and requires fifty-five minutes of working time. The mold or physical form of the various parts of the test differs considerably. This feature is advantageous in a test of this length as it relieves monotony and fatigue. Selections from the tests are shown below.

PART 3—ANIMAL FOOD SERIES

Below is a list of meat preparations and opposite each are indicated 3 cuts of meat.

Select the cut which you would buy at the market for each preparation, considering both economy and composition. Show your choice by placing an X in the proper space.

This example is marked correctly:

Beef tea	X	Round
	———	Knuckle bone
	———	Prime ribs

PREPARATION	NAME OF CUTS	
Soup stock		
	X	Hind shank
	———	Club steak
	———	Porterhouse
Beef stew		
	X	Neck
	———	Club steak
	———	Sirloin

PART 4—MINERAL SALTS

Directions: Check the best answer to the questions below. Place an X on the proper line to the left.

1. How would you prepare potatoes to retain the most mineral?
   - ——— dice and steam them
   - ——— dice and boil them
   - ——— boil them whole
   - X bake them in skin
2. Which food is rich in calcium?
   - ——— peaches
   - X milk
   - ——— olive oil

PART 7—PROPORTIONS OF INGREDIENTS IN A STANDARD RECIPE

This test is to show what judgment you have of correct or incorrect proportions of ingredients in recipes. One of the ingredients is out of proportion to the others in these recipes.

Make your judgment on the basis of the amount of liquid given. Find the error, then indicate whether you would use more or less of that material by writing on the line M for more and L for less.

This example is marked correctly:

Cream of tomato soup	a. 1 pt. milk	———
	b. 1 pt. tomato	———
	c. 3 T. flour	———
	d. 3 T. fat	———
	e. 2 T. salt	L
White sauce for escalloped rice or macaroni	a. 1 c. milk	———
	b. 2 T. flour	———
	c. 3 T. fat	———
	d. $\frac{1}{8}$ t. salt	———
Sour-milk griddle cakes	a. 2 c. sour milk	———
	b. $2\frac{1}{4}$ c. flour	———
	c. $\frac{1}{2}$ t. salt	———
	d. $\frac{3}{4}$ t. baking soda	———
	e. 2 t. baking powder	———

The test was evaluated by use with groups of pupils. Two hundred and fifty copies of each form were sent out to six different high schools, among them the small town, the city, and the university high school. Tests were returned unscored in order that the scoring might be carefully supervised. The results indicated that form B was the easier.

The next step was revision. Items were rearranged in order of difficulty, re-distributed between the two forms, and the tests again given out for use. The returns from two hundred and fifty cases showed a coefficient of correlation of 0.79 ± 0.02. The score is the total number of items correct. The range of scores on the test was 67 to 158, and the median score is 104.77. The range in scores for the sixty-eight per cent of pupils grouped around the median is 19.25.

In working through the materials of the test the following important facts were observed:

1. The essentials of elementary nutrition are at present receiving teaching emphasis, while food preservation, which had so much importance during the war, is probably not receiving its merited attention.

2. Schools with sixty-minute laboratory periods did not score so well as those having a longer period.

3. Schools offering one laboratory period and one recitation period a week showed lower scores than schools offering work in close sequence.

4. A comparison of medians and the distributions of scores of the two forms of the test gives considerable confidence in the merits of the test as a measuring device.

JEAN E. RICHMOND,
West Virginia University, Morgantown.

The Homemaker and the Home Bureau. The sense of speed is all about us. The man in the factory is all the time replacing the old machine with a newer one which will turn out a few more pieces to the minute, is calling in the efficiency expert to show him how to save a minute here and a minute there. Even the children have hardly more spare time than we older ones, what with all the things they do in school and the music lessons, the dancing lessons, and all the rest outside. Amid all this hurry and bustle into which our husbands and children go, we homemakers must somehow find time and ability to make our homes all that the word implies, places of rest and comfort and of understanding as well as places in which to eat and sleep.

In a sense the home is a factory, the biggest and most important of all, and the home demonstration agent is the efficiency expert to help us manage it in the most scientific manner. In nutrition she can give us the needed help, so that our family will be properly fed and nourished; in home management she can suggest what equipment will be best and how to plan the kitchen to save steps; in house decoration she can show us how to make the home pleasant and restful to those who come back to it weary at the close of a hard day; in clothing selection she will aid us to buy intelligently and within our budget. We can accept her help with confidence, knowing that back of her is the scientific research and knowledge of the Department of Agriculture.

The problem is to get the women of our community to realize that this help is theirs for the asking. It should not be a difficult one, for home is a word which brings all to a common level, no matter what their race or creed or station.

How a home bureau may foster the spirit of cooperation between women through their common interest in building up a better home life was shown in a case in Duluth. The colored population there is not large, and is of a superior type. Among them is a local leader who has taken work at the home bureau. An Italian neighbor did some embroidery for her for which the colored woman felt she could never repay. "Why," said the little Italian, "you have done much more for me. Think of all

the things you learned at the Bureau and taught to me." Not all of us can be governors and senators, but we like to feel we are doing a little bit to help the world along. To the stay-at-home homemaker the home bureau offers just this chance to do something to improve conditions, and that in her own special sphere. Moreover, in a city where it is not unusual not to know your next-door neighbor, the home demonstration bureau opens the way to wider contacts and greater interests. Strangers who have joined home bureau classes have often found congenial friends there.

The greatest task of the home bureau is to make women realize that the drudgery can be taken out of housekeeping and to give them a wider vision of homemaking, such a one as is pictured by Grace Noll Crowell in her poem "Vision":

> There is a radiance where women move
> About small household tasks if they but see
> Beyond the polished surface of old woods
> The dazzling triumph of a living tree.
> If they but see beyond the white, heaped flour—
> Beyond the red, glassed jellies on a sill—
> Wide, joyous wheat fields laughing in the sun,
> God's face above an orchard on a hill.

MRS. DANA HANFORD,
President, Duluth Home Bureau.

BOOKS AND PERIODICALS

Wholesome Childhood. By ERNEST R. GROVES and GLADYS HOAGLAND GROVES. Boston: Houghton Mifflin Company, 1924, pp. 183. $1.75.

Training the Toddler. By ELIZABETH CLEVELAND. Philadelphia: J. B. Lippincott Company, 1925, pp. 172. $2.00.

Safeguarding Children's Nerves. By JAMES J. WALSH and JOHN A. FOOTE. Philadelphia: J. B. Lippincott Co., 1924, pp. 272. $2.00.

Psychology of Early Childhood. By WILLIAM STERN. New York: Henry Holt and Co., 1924, pp. 557. $5.00. (Translated into English from third edition in German.)

The person who originated the saying, "Teachers are born and not made" might easily have been capable of announcing that "Children are born and not reared." At any rate, many parents have hidden behind such a fatalistic attitude when affairs have taken a surprising turn in their family. Indeed, many adults who recognize, analyze, and solve intelligently all other problems of life have handled their job as parents in an astoundingly unenlightened fashion. This has been due in part to the fact that until recently little attempt has been made to educate young men and young women for parenthood, nor has there been much in the literature to help parents solve behavior problems as their children presented them. There has even been too little in print to call the attention of parents to the significance of certain tendencies and the importance of early training.

While the principles of psychology were definitely related to child study more than forty years ago, the early works were so clothed in technical language as to be unintelligible to the average reader. The last ten years have seen a remarkable stride forward in the study of child welfare problems of all types and there has been a corresponding increase in the literature, much of which has been valuable and some worthless. The tendency of some writers on child welfare has been so to popularize and generalize that parents have been led to gross misconceptions of the subject, after the fashion of "A little knowledge is a dangerous thing." Fortunately, it is possible to find in public libraries at the present time much good sound psychology written in an understandable style and strewn with illustrations of its application to child training. The books here discussed, all of which have come from the press within the last few months, are of this type.

Those parents who have not delved into the study of psychology in its more technical phases will enjoy and profit by reading Mr. and Mrs. Groves' "Wholesome Childhood." Good principles on which to base the training of the child from infancy to adolescence are set forth in an extremely readable and well-organized fashion. The keynote of the recommendations made is to keep child training on a positive rather than on a negative plane.

The book is divided into seven chapters, representing seven arbitrary periods in the development of the child, with a characteristic name assigned to each. They are: The foundation period, first six months; the period of discovery, six months to one year; the period of achievement, one year to two years; the period of contacts, two years to three years; the period of self-discipline, three to six years; the period of school adventure, six to ten years; the period of stress, ten to fourteen years.

The foundation period, beginning with prenatal life and ending with the sixth month, is important because the very bases of physical well-being and mental character are being established. The value of a routine followed with punctuality is stressed. The outstanding characteristic of the period of discovery is the development of curiosity.

Its significance lies in the fact that it is the forerunner of adult intellectual vigor. Readers are warned that early in the period of discovery when the baby understands but few words, he understands tones. It is, therefore, essential that the adult control his emotions and modulate his tones. The child between one and two years of age is reveling in achievement through trying to imitate those about him. The value of setting a good example is self-evident.

And so all through each period of the development of the child there are concrete suggestions for molding his character. Each chapter is full of citations of everyday happenings, such as the attempt of the small child to examine the contents of the waste basket and his desire to pick up the coal. But each of these recitals of the commonplace is used to develop principles of child training. The book is so full of human interest that it makes a direct appeal to any person at all familiar with or responsible for the happenings of childhood. It is so well indexed and so full of valuable suggestions as to be worthy of a place on the reference shelf of the home library.

"Training the Toddler" concentrates on the child between two and six years of age. This period was once described as "no man's land" so far as the supervision of specialists was concerned, for it lies between the period of infancy guarded over by "baby doctors" and infant welfare agencies, and the time when the child enters school and is subjected to physical and mental measurements. Miss Cleveland sets forth clearly the need for and the value of directing the physical, mental, emotional, and social development of the child during this pre-school period. She offers this book not as a final source of information but as a stimulus to the seeking of information. In this rôle it is valuable to parents, to parent-teacher groups, and to young girls enrolled in child care courses.

In stressing the importance of early childhood and urging a better environment for the period just following babyhood, Miss Cleveland calls attention to the need for mother training. She discusses the Merrill-Palmer Motherhood and Home Training School, with its experimental nursery-school project in which such training is available. Two stumbling blocks in the path of professionalizing the relation of parent and child are the attitude of the parents toward standardization of their job and the bogy of heredity. Any parents reading the chapters which describe and analyze the standards for the physical, the mental, the emotional, and the social development of the child should be converted to adopting some means of standardizing child training, whether inside or outside of the home.

While the subject matter of these two books, "Wholesome Childhood" and "Training the Toddler," is equally reliable and the organization is equally convenient, there are two outstanding differences—the period covered and the point of view. In the latter the period covered is shorter, and more typical behavior problems of the pre-school child are described. These are related separately to various standards of development rather than discussed under age periods. The difference in point of view is due to the fact that the observations made by Miss Cleveland were under nursery-school conditions while the child was making group adjustments in a psychological atmosphere which approached the ideal; whereas the observations in "Wholesome Childhood" were taken from home experience. "Training the Toddler" like "Wholesome Childhood" could be read and re-read with profit.

A third book informally written with a view to assisting parents, nurses, educators, physicians, and others concerned with child welfare, is "Safeguarding Children's Nerves." The authors, Drs. Walsh and Foote, claim only to have summarized certain elementary principles and not to have treated the subject exhaustively. These principles are discussed in a popular way with the aid of stories of their application, both wise and unwise, in actual life. Many of the examples cited are valuable for the actual solution they may offer to an adult facing a similar problem. They will probably be of greater value, however, in arousing parents to a realization of the problems confronting them which they

had not previously recognized or had not understood.

The organizing of the subject matter into brief chapters which deal with specific problems such as "The nervous child," "The spoiled child," "Misunderstood and different children," makes it more valuable to readers somewhat acquainted with other books on child training than to those starting the search for the truth. For instance, it might better follow than precede the books mentioned above if all were suggested in a reading course.

A far more detailed and also more technical treatise on the mental development of the child is the "Psychology of Early Childhood" by William Stern. The author makes and his book fulfills very different claims from the works discussed above. Mr. Stern's book was written for parents who need psychological guidance in the training of their young children, and also for teachers of psychology, students, physicians, and kindergartners needing a practical textook. The child's psychic life is treated in detail from birth to the sixth year. The theoretical discussion is supplemented with many examples of the application of these theories in the training of the author's three children. No better brief of the contents could be made than a sentence in the publisher's review: "He discusses the first signs of intelligence in the child; the origins of sense perception; speech development; Montessori exercises; imagination and play; initial forms of aesthetic feeling; and finally the application of intelligence tests to early childhood." One of the valuable contributions this new edition makes to the literature of child psychology is its history of the development of child study up to the present time, and its excellent discussion of the methods which may be used in adding to the data on the mental development of the child.

C. Rowena Schmidt,
U. S. Department of Agriculture.

The Problem Child in School. By Mary B. Sayles and Howard W. Nudd. New York: Joint Committee on Methods of Preventing Delinquency, 1925, pp. 287. 1 copy $1, 2 copies $1.50; 5 copies $3; 10 copies $5.00.

"The Problem Child in School," the fourth publication of the Joint Committee on Methods of Preventing Delinquency of the Commonwealth Fund, tells something in the last of the book of the purpose and scope of visiting-teacher work, but first, foremost, and mainly it tells twenty-six real and human stories which illustrate and discuss the problem as no other method could.

These twenty-six children are twenty-six perplexing puzzles, typical of what we meet again and again in these days of compulsory school attendance, when the misfit may not drop out, as formerly, to try to find himself in the community without aid or guidance, but must stay until a certain goal is reached. Nothing could prove more clearly that misfits are not permanent misfits than this book; and what could be more plain than that the duty of our educational system is to help in the adjusting of the individual to life?

The question has been, how can the educational system adjust itself to meet the problem? It can be done; this book, tells how it has been done in twenty-six typical cases under various conditions in different towns and cities with widely varying resources to call upon for the help, spiritual, recreational, or material, which may have been needed.

The problem child is the maladjusted child, out of balance with his surroundings, and so a problem in conduct or scholarship or both. It takes a delicate and individual touch to adjust the hidden springs in the child's nature which control balance, and it has been the visiting teacher who has been been called upon for this task, a teacher thoroughly aware of school methods and school problems, trained in social work, with an understanding of children's mental processes, and with *time* to devote to the individual, since each problem is a thing by itself and must be treated as such.

The stories are grouped under the headings: parental attitude, feelings of inferiority, diverse issues, questions of honesty, and sex problems. Not that the groupings are water-tight compartments making a problem purely a matter of a father's attitude toward his son or a problem of honesty which has nothing to do with a feeling of inferiority, but in most problems there is a predominant feature, one particular spring to be delicately adjusted.

One is impressed as one reads these twenty-six stories, so human that they seem counterparts of our own experiences, of the untold value of the ounce of prevention. One cannot say definitely that, if left to drift, a boy like Hugh Holden, suspected of dishonesty, mismanaged by his parents, would have become a thief and ended in jail, but one is too well aware of the acorns which become oaks and the small beginnings from which grave misdeeds may be traced, not to believe that prevention saves the necessity of cure and that the proportion is probably, at least, that of the ounce to the pound.

"Nipped in the bud" we say as we read the story of Sarah Hart or Joe Della Robia or Nancy Barnes. The problem child is a solvable problem, although it is true, as the foreword says, that "Not all stories are stories of marked success and in some the issue is still uncertain," but these are facts which enhance rather than lessen the value of the book, stimulating the readers to a realizing sense that there are causes, hidden sources of trouble, which although not always found may yet be found and are worth seeking. The reader of this book, whether teacher, social worker, or parent, can find many a lesson within its pages, too valuable to be missed.

WINIFRED RAND,
Merrill-Palmer School, Detroit.

Purchasing Power of the Consumer. A Statistical Index. By WILLIAM A. BERRIDGE; EMMA A. WINSLOW; and RICHARD A. FLINN. Chicago: A. W. Shaw Co., 1925, pp. 318. $4.00.

The three prize-winning essays in a recent contest of the J. Walter Thompson Company are brought together in this volume. Particularly interesting to home economists is the essay, "Contributions from budget studies to the construction of a statistical index to the purchasing power of consumers in the United States," by Dr. Emma A. Winslow. The obvious purpose of the writer in making this difficult study was to correlate and help to render more economically usuable the findings of the best of the scattered investigations of budgets—both of families and individuals—in the United States and Europe. Her previous studies and publications in this field on both continents have given her perspective as well as courage. Consequently the analyses of the various budget studies, with the valuable bibliography appended, will surely be received gratefully by teachers and researchers.

The results of the meaty analyses of the budget studies are woven together in a final chapter (pp. 253–258) entitlted "The construction of a statistical index of the purchasing power of consumers and necessary additional research." Here the author reaches the conclusion that some of the data on expenditures, namely, those for housing, fuel, light, and for clothing (except for highest incomes), can be accepted as bearing "a fairly fixed relation to total income with relatively slight adjustment according to number of persons supported by the income." From data on the average income for a certain locality, therefore, an estimate can be made of the capacity of the population to buy clothing, fuel, light, and to pay for living quarters.

The expenditures for food, miscellaneous items, and savings prove to be the most variable; they depend on the size of the family and on the size of the income. To translate these sections of budget data into an index of purchasing power would require additional information about income groups and the size of families.

The weakness in an index of purchasing power constructed from budget expenditures is, of course, that they show demand for groups of commodities rather than for a specific product. Dr. Winslow recommends

that research be undertaken on "detailed expenditures in certain typical communities as influenced by income and size of family so that we can estimate probable expenditures in other communities of similar kind," and also on sales of specified commodities in different kinds of localities.

The writer outlines investigations that would make possible the construction of an index which would grade consumers as to their demand for specified goods, "so that it will be shown how satisfactory a market there will be for any one of a number of other products closely related in consumer demand."

The other essays are the study by Mr. Berridge, winner of the first prize, entitled "An index of the incomes of factory workers in the United States," which makes use of graphic methods in working out the problem of an index of earnings and in presenting the results; and the study by Mr. Flinn, winner of the third prize, which recommends in making an index of buying power the use of the ratio between actual employment and the applications for employment in the New York State Department of Labor.

FLORENCE A. ARMSTRONG,
Washington, D. C.

Wages and the Family. Materials for the Study of Business. By PAUL H. DOUGLAS. Chicago: University of Chicago Press, 1925, pp. 290. $3.00 net; postpaid $3.15.

Of especial interest to women is the question of family allowances described in "Wages and the Family," by Paul H. Douglas. To the woman who is the head of a household the plan—where it is in operation—enables her to take proper care of her family without being compelled to neglect her duties by going outside the home to earn money for its maintenance. To the woman also whose work lies outside the home, the question is vitally important, because the family allowance opens for woman the way—at present barred—to equal pay for equal work, with an adjustment for dependents, for whom, of course, many women as well as men have to provide. Mr. Douglas, however, expresses this benefit differently: "Such a plan, moreover, would make it possible to pay women an equal minimum with men and hence remove the dangers of their undercutting the men's rate."

A vivid analytical volume on the same subject, which we hope JOURNAL readers will read also, appeared in England last year, by Eleanor F. Rathbone, a wholehearted protagonist of the practical application of the system. Miss Rathbone called her study, "The Disinherited Family." A British critic pronounces it "a contribution of enduring importance to one of the major issues of our time." Another study on the same theme, "Family Allowances," was published last year by the International Labor Office at Geneva. In cooperation with the latter organization, Mr. Douglas has written his book, which is an exposition of the operation of the plan—that is, making additional money payments for dependents—by industry and by governments in European countries and in Australia, followed by a proposal for its application in the United States.

FLORENCE A. ARMSTRONG,
Washington, D. C.

Bacteria in Relation to Man. A Study-Text in General Microbiology. By JEAN BROADHURST. Philadelphia: J. B. Lippincott Co., 1925, pp. 306. $3.00.

This combined text and laboratory outline with its 147 illustrations is designed as an introduction to microbiology, and is intended to precede "How We Resist Disease, an Introduction to Immunity" by the same author.

The introduction gives clear descriptions of the compound microscope, with exercises intended to familiarize the student wih its parts and workings.

After a chapter on green or independent plants, the author discusses first the cell, then the various common types or forms of microörganisms, and their cultivation, activity, and control. Their relation to air, water, milk, soil is next taken up, followed by other economic phases of microbiology and its relation to human disease.

Finally, comes the historical setting of the science.

Each chapter is carefully outlined and the drawings are clear and, as the author states, "the open sp ing is designed to encourage notes of a t ughtful type and may incidentally discourage the rather common habit of voluminous, unselective note taking, so likely to be indulged in when notes are taken in a notebook and separated from the text to which they are related."

The book is well-balanced and the more one studies it the more one likes it and appreciates its value. It should prove a valuable one for teachers of natural science as well as for nurses, for, although it is not designed to take the place of the standard texts of microbiology, it gives lecture and reading outlines that attack the subject in a comprehensive and stimulating way. The chapter on "Historical setting of bacteriology" is most suggestive, following its chronological development from the early theories of disease and origin of life to the present day. Other noteworthy features are the clear, concise, complete glossary and the key to some of the common bacteria. The bibliography at the end of each chapter as well as the general references in the back of the book make it a valuable addition to the library of any one interested in natural science.

CORNELIA H. STONE,
Clinton, Connecticut.

BOOKS RECEIVED

Food and the Family. By V. H. MOTTRAM. London: Nisbet & Co., 22 Berners St., W. 1, 1925, pp. 240. 5/–net.

A sane and readable discussion of everyday nutrition by a professor of physiology in the Household and Social Science Department of King's College for Women, University of London; lays emphasis on the importance of a mixed diet and the avoidance of food fads; draws its practical illustrations and tables of food values from English usage, markets, and prices; includes an interesting chapter on "Meals and the order of the courses" giving the theoretical physiological justification for common practices.

Pattern Making, Garment Fitting, and Garment Making. By EDMUND GURNEY. Portland, Oregon: Edmund Gurney, 692 Schuyler Street, 1925, pp. 97. $3.00.

A book of instructions by a man conversant with both the business and the teaching of advanced dressmaking and tailoring; gives directions for drafting patterns for different garments according to a system originated by the author, for fitting and for finishing; pays special attention to different types of pockets and buttonholes; advocates easy-fitting, hygienic garments for men, women, and children; freely illustrated with diagrams and halftones.

Educational Yearbook, 1924, International Institute of Teachers College, Columbia University. Edited by I. L. KANDEL. New York: The Macmillan Co., 1925, pp. 650. $3.00.

An interesting volume valuable for reference; gives in Part I a summary of the year's educational developments in Australia, Bulgaria, Canada, China, Czechoslovakia, England, France, Germany, Italy, Norway, South Africa, and the United States, and in Part II discussions of the problem of method as it is being considered in England, Germany, the United States, and France; each chapter written by a well-known educator of the country described, and provided with a brief bibliography; well-indexed.

Reform of Secondary Education in France. By I. L. KANDEL. New York: Teachers College, Columbia University, 1925, pp. 159. $1.50.

The second study of the International Institute of Teachers College; describes the thorough-going reform initiated by Leon Berard and widely discussed in France before its gradual adoption in 1923–24 for the national school system; includes also a brief statement of the earlier French educational tradition and the conditions leading to the reform, which is defined by

the author as the carefully-considered attempt of a leading cultural nation to reach "a satisfactory definition of the terms liberal education and culture"; gives the present schedules of classes, those for girls showing a fixed amount of dressmaking and music as universal requirements with more of dressmaking and domestic science required or optional for the students in certain courses.

Outlines of Agricultural Economics. By HENRY C. TAYLOR. New York: The Macmillan Co., 1925 pp. 610. $3.25.

A well-known handbook by a former chief of the Bureau of Agricultural Economics, United States Department of Agriculture, revised to incorporate recent statistics and other findings; includes, among sections of interest to home economists, a chapter on the social side of farm life by C. J. Galpin and Emily Hoag Sawtelle, and one on the future of the farmer.

Religion in Country Life: Proceedings of the Seventh Annual National Country Life Conference. Chicago: University of Chicago Press, 1925, pp. 216. $2.00; $2.10 post paid.

The addresses and discussions presented at Columbus, Ohio, November 7–11, 1924, together with reports of committees and minutes of the business sessions; includes a section prepared by the committee on homemaking, Ilena M. Bailey, chairman, which suggests practical means for increasing the emphasis placed on religious and character training in the home and gives references to literature and other helps.

The Little Child in Our Great Cities. By W. BERTRAM IRELAND. New York: American Child Health Association, 1925, pp. 201. $1.50.

An attractive illustrated pamphlet giving a narrative account of organized work for the health of a pre-school child in twenty-four cities of the United States by a staff associate of the American Child Health Association.

The Personal Equation. By LOUIS BERMAN. New York: The Century Co., 1925, pp. 304. $2.50.

A non-technical presentation of the mechanistic theory of personality with special reference to the recent investigations of the influence of endocrine glands on the development of physical and mental characteristics; gives an introductory discussion of inherited traits and the nature of personality; takes up the rôle played by the various glands in the individual's development, and more specifically on stature, features, sex characters, intelligence, and temperament; illustrated by portraits of historic personages said to represent different types of glandular dominance; contains neither references to authorities cited nor an index.

Personality and Social Adjustment. By ERNEST R. GROVES. New York: Longmans, Green & Co., 1924, pp. 296. $1.40.

An endeavor to bring together recent psychological findings for those who deal with problems of social conduct; particularly valuable in the study of children's behavior; offers illuminating explanations for some failures in adjustment to life.

Real Estate Advertising. By WARD C. GIFFORD. New York: The Macmillan Co., 1925, pp. 194 $4.00.

A discussion of the principles of advertising as applied to the real estate business, giving more attention to the technique of preparing copy and so-called advertising psychology than to the analysis and presentation of real estate values.

Legislative Compendium for 1925. The Blue Book of the American Commonwealth. Chicago: The Legislative Information Bureau, 74 West Washington Street, 1925, pp. 200. $10.

A classified summary of new state laws enacted during 1925; contains also brief statements by the governors of states whose legislatures met in 1924–25 regarding the general trend of legislation, and a list of members of all state legislatures; a use-

ful reference book for the legislative committees of national organizations and others interested to keep track of state action on special subjects.

Newer Knowledge of Nutrition. McCollum, E. V., and Simmonds, Nina. Third edition. New York: Macmillan Co., 1925, pp. 675. $4.25.

Food Buying and Our Markets. By Day Monroe and Lenore Monroe Stratton. Boston: M. Barrows & Co., 1925, pp. 321. $2.75.

Young People's Cook Book. By Inez N. McFee. New York: Thomas Y. Crowell Co., 1925, pp. 290. $2.00 net.

A Cake Manual. By Jessie B. Rogerson. Second edition. Boston: M. Barrows & Co., 1925, pp. 113. $1.25.

Problems in Home Economics Teaching. By Leona F. Bowman. Chicago: University of Chicago Press, 1925, pp. 146. $1.50; $1.60 post paid.

Foundations of Method. By William Heard Kilpatrick. New York: The Macmillan Co., 1925, pp. 383. $2.00.

Practical Book of Home Repairs. By Chelsea Fraser. New York: Thomas Y. Crowell Co., 1925, pp. 378. $2.50 net.

ABSTRACTS FROM PERIODICALS

TEXTILES

Contributed by the division of Textiles and Clothing, Bureau of Home Economics, United States Department of Agriculture

Cloth counting glass. *Textile World*, 1925, 68: 47 (507).

Description of a portable cloth-counting glass recently patented; a useful instrument for the use of textile analysts in mills or textile laboratories.

Trotman, S. R., and Sutton, R. W. Destruction of wool by exposure to the atmosphere. *Jour. Soc. of Dyers and Colourists*, 1925, 41: 121.

The literature on the subject of the weathering of wool is reviewed and references are given, together with results of the experiments made by the authors on the effect of bacterial action of wool and the part it plays in natural atmospheric deterioration of such fabrics. It was found that spore-forming bacilli cause the most damage. Different organisms produce damage at different rates, each growing best within certain limits.

Speakman, John B. The behavior of wool as an amphoteric colloid. Part II, The chemical theory of dyeing. *Jour. Soc. Dyers and Colourists*, 1925, 41: 172.

An excellent review of the chemical theory of dyeing together with its reformulation based upon the behavior of wool and silk as amphoteric colloids; experimental results obtained by the author are included.

Mullin, Charles E. Condition or regain in wool. *Textile Colorist*, 1925, 47: 497, continued from 369.

A discussion of the hydroscopic properties of wool with tables showing physical constants of different kinds and grades of wool, followed by an excellent bibliography of papers dealing with regain in textile materials.

Edwards, W. F. Practical tests for rayon. *Amer. Silk Jour.*, 1925, 44: 53.

One of a series of articles by the director of laboratories of the U. S. Testing Company, Inc., on methods of testing for the various textile fibers.

Rayon in the making. *Amer. Silk. Jour.*, 1925, 44: 51.

Popular presentation of the manufacture of rayon.

Designs for cotton fabrics. *Textile Manufacturer*, 1924, 50: 368.

Detailed description of the method of producing a few cotton fabrics of interesting design.

"Protexwel." *Textile World*, 1925, 68: 47 (507).

Description of an oil compound for rubberizing all kinds of fiber, which is said not to have the usual disadvantages of these fabrics, such as the disagreeable odor, high inflammability, or tendency to gum in hot weather and to deteriorate with age.

Fifty-four inch widths here to stay, but chiefly in novelties. *Dry Goods Economist*, 1925, No. 4229: 39.

Interesting discussion of the now widely-debated question of using wider widths in dress materials; gives layouts of patterns showing the waste when materials of certain widths are used.

Matthews, J. Merritt. Interesting textile patents. *Textile World*, 1925, 68: 39 (499).

Includes a description of United States patent 1,519,376, a process relating to the production of transparent effects on thin goods like organdies. A combination of sulphuric and hydrochloric acids is used.

Cheetham, H. Mercerisation with permanent finish. *Jour. Soc. Dyers and Colourists*, 1925, 41: 146.

Abstract of British patent 225,680, 1923. Cotton fabrics are passed through a solution of zinc chloride, dried, and treated in an acid bath. An organdie finish is thus obtained, but by mercerizing with caustic soda before or after this treatment, the finish can be modified to a soft, transparent, permanent effect.

Clark, C. O. and Craft, J. Eulan—Permanent protection against moth damage to textiles. *Jour. Soc. Dyers and Colourists*, 1925, 41: 155.

Summary of lectures delivered by Mr. Clark at the Technical College, Bradford, England, and by Mr. Craft at the Australia House, Strand, London. General discussion of various methods of preventing moth damage; the life history of the three classes of moths which attack wool, namely the clothes moth, the fur moth, and the tapestry moth; the chemistry and methods of applying the moth-proofing mixture known as Eulan, which is now manufactured by the Bayer Company.

Brannon, C. M. Establishes moth-proofing service. *Nat. Cleaner and Dyer*, 1925, 16: 55.

Describes the service for moth-proofing such objects as rugs, garments, and furs, in an establishment in a western city, one of the first to undertake this on a large scale.

Seeds, K. B. Measuring the color of hay. *Amer. Elevator and Grain Trade*, 1925, 43: 822.

The color of hay is an important part of hay standardization work and a method has been devised whereby this can be determined by comparison with the Munsell color system. A machine which whirls a portion of the hay is employed to blend the various colors into one composite color while the Munsell color discs are attached to the shaft and whirled at the same time. Good illustrations are included. This is an interesting use of the color system long used by art departments of the home economics divisions and suggests other applications in various home economics lines.

Wilson, J. S. Celatene dyes and their application. *Jour. Soc. of Dyers and Colourists*, 1925, **41**: 169.

Methods of dyeing cellulose acetate artificial silk when it occurs alone or in combination with other fibers. Of particular interest in connection with the subject of celanese, the latest cellulose acetate silk to be marketed.

Jones, J. I. M. and Kilby, W. Identification of vat dyes on cotton. *Jour. Soc. of Dyers and Colourists*, 1925, **41**: 127.

Excellent series of tables outlining chemical tests for the purpose indicated.

Stripes—which way? *Dry Goods Economist*, 1925, No. 4222: 38; No. 4231: 49.

A well-illustrated discussion of the optical illusions produced by stripes as applied to the present vogue for striped materials in costuming.

Uses of the [Silk] Association library. *Silkworm*, 1925, **7**: 139.

Short discussion of the contents and available services of the famous library of the Silk Association, which deals entirely with the subject of silk. An address by the librarian of the Silk Association at a meeting of the New York Special Libraries Association, reprinted from June issue of *Special Libraries*.

Jack, Florence B. The care of a man's wardrobe. *Home and Gardens*, 1925, **7**: 107.

Clothing and textile teachers have often been accused of overlooking the masculine part of the population when outlining studies on clothing. This article is a popular discussion of the care necessary to preserve the appearance of men's clothing and has some good cuts illustrating a convenient clothes closet for men and methods of folding coats.

Breazeale, John M. An Arizona cliff-dweller's shawl. *Art and Archaeol.*, **20**: 85.

A detailed description (with drawings) of a shawl discovered in a small burial case containing the mummified remains of an infant unearthed near Salt River, Gila County, Arizona. The shawl is an interesting example of primitive lace work.

Leonard, Donald D. The Shanghai Raw Silk Market. *Textile World*, 1925, **68**: 13 (777).

An interesting description of the modern silk industry in China with four good photographs showing stages in the process.

NOTES AND CLIPPINGS

Lantern Slides on Fabric Selection. A series of 47 slides, illustrating points to be considered in selecting fabrics, has been prepared by the Office of Cooperative Extension Work in cooperation with the Bureau of Home Economics of the United States Department of Agriculture. With the slides are provided supplementary notes by Dr. Ruth O'Brien.

The slides are prepared primarily for extension workers and may be obtained for use in a given state through the Director of Extension at the State College of Agriculture. Others may borrow them through the same channels at a charge covering cost of transportation. The official designation of the set is Lantern Slide Series No. 138.

Pan American Union and Home Economics. Interest in health education and education for homemaking is growing rapidly in Latin America, though home economics as we understand it is not familiar there. In order to give an idea of the scope of the subject as understood in this country, the October *Bulletin* of the Pan American Union in its Spanish edition published the program of the San Francisco meeting of the American Home Economics Association. It was accompanied by a brief introductory

article by the editor of the JOURNAL OF HOME ECONOMICS, telling something of the development and aims of the home economics movement and expressing the desire of the American Home Economics Association to be of any possible service in its development to the southward.

International Health Education Conference, 1923. The report of this meeting, held at the World Conference on Education in San Francisco, has been recently issued by the American Child Health Association. In its 346 pages are given the papers and discussions and the text of the resolutions passed. Copies may be purchased from the Association, at 370 Seventh Avenue, New York City, for 25 cents each.

Dogged Accuracy. Home economists will be grateful to the *Literary Review* for rescuing the following contemporary advertisement from oblivion: "Wanted, a Pug Dog, to be Part of Old-Time Exhibit Illustrating Modes and Manners of Last Sixty Years. Dog must be full-blooded Pug with curled tail, fat, and wheezy. Will pay well for one week's use of dog and give exceptional care."

Children's Books. Among material prepared for free distribution in connection with Children's Book Week, November 8–14, the National Association of Book Publishers, 25 West 33d Street, New York City, has announced a list of recent magazine articles on children's reading. The November *Journal of the National Education Association* is to carry a descriptive list of 100 books for children's libraries.

Model Home Library. The division of literature of the General Federation of Women's Clubs has drawn up a list of 200 volumes which it recommends for home purchase. The list has been printed by the Arnold Company, 320 Broadway, New York City, from whom copies may be obtained.

Early American Glassware. Nine examples of early American flasks from the collection of the Metropolitan Museum of Art, New York, are illustrated in *The Glass Industry* for July, 1925, together with dates and descriptive data useful to collectors and others interested in this subject.

Chinaware and Hot-water Storage Tanks. Specifications for chinaware to be used in cafeteria and restaurants adopted on September 3, 1924, by a joint conference of manufacturers, distributors, and users, are published in Simplified Practice Recommendation No. 33, of the U. S. Department of Commerce. Similar standards for hot-water storage tanks appear in Bulletin No. 25. Both may be purchased from the Superintendent of Documents, Government Printing Office, Washington, D. C., at five cents each.

Specifications for Cheesecloth. United States government specifications as revised June 15, 1925, are given in U. S. Department of Commerce, Bureau of Standards Circular No. 257, copies of which may be purchased for 5 cents each of the Superintendent of Documents, Government Printing Office, Washington, D. C.

String Bean Cloth. Coarse cloth and carpets are reported by the *Science News Letter* as being made on a commercial scale in Austria from the fibres of string bean shells. The new material is expected to compete with hempen products, and after proper bleaching and printing can be used for floor coverings, upholstery, and in saddlery.

Paper Hanging. This is the title of Federal Board for Vocational Education Bulletin 102, Trade and Industry Series No. 29, which includes an excellent bibliography on interior decorating. Copies may be purchased from the Superintendent of Documents, Government Printing Office, Washington, D. C., for 10 cents each.

Films from the United States Department of Agriculture. Recent releases are "The Short Course," a one-reel film descriptive of what boys and girls do and learn at the short

courses in farming and homemaking arranged for them at state agricultural colleges; and "Poor Mrs. Jones," a four-reel story of a discouraged farm woman who, on a visit to city friends, learns to appreciate the advantages of country life. Both films are circulated through the educational film service of the Department and cooperating institutions.

Child Health Bulletin. The September issue contains two articles of especial interest to those concerned with children's diets: The Prevention of Rickets, by H. C. Sherman, a clear, sane, and trustworthy summary of the present status of the subject; and How to Choose the Best Food for the Least Money by Lucy H. Gillett, giving practical suggestions especially adapted for the use of social workers with low-income families. Copies of the *Bulletin* may be purchased for 5 cents each from the American Child Health Association, 370 Seventh Avenue, New York City.

Sunlight for Babies. A popular article on heliotherapy by Dr. Martha M. Eliot, director of hygiene in the U. S. Children's Bureau, has been reprinted from the *Child Health Bulletin* and may be secured free by writing to the Bureau.

Child Welfare. The September issue of the *Annals* of the American Academy of Political and Social Science is devoted to "New Values in Child Welfare." The thirty-odd articles by well-known authorities cover various phases of social, educational, and psychologic work with children and also the relation of the family, the social service organization, and the state to child welfare. Single copies may be purcahsed for one dollar from the Academy at 39th Street and Woodland Avenue, Philadelphia.

Juvenile Courts at Work. A study of the origin and methods of ten courts by Katharine F. Lenroot and Emma O. Lundberg is given in U. S. Department of Labor, Children's Bureau Publication No. 141, a 323-page pamphlet, single copies of which may be obtained free on application to the Children's Bureau.

Working People's Educational Opportunities in Greater Boston, 1925-26. The Educational Exchange of the Prospect Union Association, an organization devoted to educational welfare in Greater Boston, has published a catalogue of day and evening courses for working men and women in which the available courses are grouped by subjects, and a descriptive list is given of the schools offering them. Households Arts occupies 5 out of about 115 pages, and other home economics subjects are found scattered under other headings. Copies of the book may be purchased from the Exchange, 760 Massachusetts Avenue, Cambridge, Massachusetts, for 20 cents each.

Where the Milk Goes. The Department of Agriculture says that the 26,000,000 cows milked in the country produced last year 114,666,201,000 pounds. Of this 46.9 per cent was used in manufactured products, 46 per cent for household purposes, 4 per cent for feeding calves, and the remainder was wasted when the cow kicked over the bucket. Creamery butter made up about one-fourth of the manufacture products, farm butter about 11 per cent, cheese 3.6 per cent, ice cream 3.4 per cent, and canned milk 3.7 per cent.

NEWS FROM THE FIELD

KINDRED INTERESTS

American Library Association. Charles F. D. Belden, director of the Boston Public Library and of the division of public libraries for the Massachusetts Board of Education, is the newly-elected president of the association. The fourth award of the Newbery Medal for the best children's book of the year was made to Charles J. Finger's "Tales from Silver Lands." Miss Marguerite Wilkinson's address in presentation of the medal emphasized as the distinctive quality of the book its rare sense of reality.

National Dairy Exposition. Among the features of the annual exposition, held this year at the state fair grounds in Indianapolis, October 10 to 17, was a Health Food Show under the direction of Dr. E. V. McCollum. The National Dairy Council arranged an exhibit of educational materials selected particularly as helps in teaching. The program included story-telling on health subjects and demonstrations in food preparation.

National Health Service. The U. S. Public Health Service has given notice that it has no connection whatever with the self-styled "National Health Service," of Washington, D. C., and does not endorse it or its books.

American Child Health Association. A health scholarship of $500 was awarded to Mrs. Katie Bell Conyers, home economics teacher in the public schools of Memphis, Tennessee, by the Metropolitan Life Insurance Company through the American Child Health Association, in a contest which concerned a novel plan of cooperation between the city boards of health and education. It was open to students in a special course in public health for school teachers conducted by the city superintendent of health, Dr. J. J. Durrett, and was planned to aid teachers in developing good health habits and correcting defects among their pupils. This contest and award were a sequel to the nation-wide contest conducted last year under the same auspices.

U. S. Civil Service Commission. Two examinations for positions in the Indian Service are announced. Applications for matron will close November 28 and for cook December 30. Quarters, heat, and light are furnished appointees and entrance salaries range from $780 to $1320 per annum for matron and from $780 to $900 for cook. Full information can be obtained from the United States Civil Service Commission, Washington, D. C., or from the post office or custom house in any city.

Art Center. Through the generosity of J. D. Rockefeller, Jr., $10,000 a year for three years has been granted to the Art Center, 65 East 56th Street, New York City, to pay the salary of a director, and Mr. Alon Bement, for the last five years director of the Maryland Institute, Baltimore, has been appointed to the new position.

Robert Griffin Wall-Paper Design Competition. In order to stimulate the creation and appreciation of new and experimental types of wall-paper design, three prizes, of $1,000, $200 and $100, respectively, have been offered by Mr. Robert Griffin for original and distinctive designs suitable for use in the living room of a moderate-sized, detached, suburban dwelling with a medium natural light exposure. The contest, which is opened to all architects, artists, designers, decorators, and students resident in the United States is being conducted by the Art-in-Trades Club of New York, five of whose members will constitute the jury of award. Further information may be obtained from Mr.

An easy way to rejuvenate a recipe

MOST of us have a cake recipe we call *plain*, a simple inexpensive cake that can be "thrown together" in a hurry —no great delicacy, merely the means of adding a little variety to a meal.

But just make it with Swans Down!

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Cream shortening and sugar and add well-beaten yolks—then fold in stiffly beaten whites. Wash and dry currants and raisins. Cut orange peel in fine pieces and dredge all the fruit in about half the flour. Blanch almonds and cut in shreds. Crisp in oven and add to other mixture together with ALL-BRAN. Add remaining flour which has been sifted with spices, salt and soda. Put in greased tin and cover tightly with waxed paper. Steam for three hours. Yield: Cake 9 inches in diameter and 4½ inches in thickness.

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Grace Russell Wilmot. From California comes news of the death of Mrs. Wilmot, for the last ten years a delightful lecturer on the subject of interior decoration. Mrs. Wilmot worked very closely with home demonstration agents and with the heads of art departments of the various universities and colleges where interior decoration is taught. Her best work, perhaps, was done in lecturing before women's clubs where she used beautiful lantern slides as illustrative material. Mrs. Wilmot had been giving a course of lectures in Mississippi and was starting to her home in California when she was stricken with the illness which terminated in her death on the 24th of July.

Margaret Murray Washington. The death of Mrs. Booker T. Washington on June 4, 1925, deprived the Negro race of one of its great figures. According to the *Tuskegee Messenger*, Mrs. Washington was born in 1865 at Macon, Mississippi. She attended Fisk University, and on leaving there was offered a place on the faculty of Tuskegee Institute. In 1892 she married Dr. Washington, and until her death carried on active work for her people. She was director of Girls' industries at Tuskegee, president of the National Association of Colored Women's Clubs, member of the executive committee of the Commission on Interracial Cooperation, and president of the International Council of Women of the Darker Races.

Boys and Girls Clubs. Forty-three states were represented by the 755 boys and girls club members at their national congress in Chicago September 15 to 18. According to newspaper reports of statistics there presented, three-quarters of them expect to become farmers or farm homemakers, and a similar number expect to go to college. Over half of them have bank accounts, the average balance being $73.49, and the average value of the property each boy or girl now owns is $138.71.

A Conference for Parents on Child Study. The family, the community as it surrounds the family, leisure, day-dreaming, and other personality problems, adjustments not only of children but of adults in their relationship to children, were discussed at a parents' conference called by the Child Study Association of America at the Hotel Waldorf, New York, from October 26 to 28. On the program were such speakers as Dr. Ethel Puffer Howes, Dr. Bernard Glueck, Dr. Helen T. Wooley, Dean Russell, Miriam Van Waters, and Beatrice Hinkle.

Following the conference a ten-day institute is to be held at the new headquarters of the Association, 54 West 74th Street, in connection with which there are planned demonstrations of study groups as actually carried on by the Association, visits to clinics, schools, and other agencies, and discussions of methods and materials, and of possibilities for cooperation with interested agencies.

Home Economics and the International Education Board. Mlle. Elvire Smeyers, supervisor of household arts in the Belgian Ministry of Agriculture, recently visited this country under a fellowship of the International Education Board to study the subject matter and methods of teaching home economics in rural communities.

Hampton Institute Farmers' Conference. Two-hundred and sixty-three delegates, representing 20,000 Negro families, attended the annual conference at Hampton, Virginia in July. Last year there were only 164 delegates. Mrs. M. M. Davis, state agent of cooperative extension work in home economics, spoke on "Self-support through home demonstration work in Virginia"; Jessie M. Hoover, specialist in agricultural education from Washington, discussed "Milk in the diet"; and Ola Powell, field agent for the southern division of extension work, told of progress in establishing home industries.

U. S. Bureau of Home Economics. A. Elizabeth Hill, for the last eight years chemist in the Henry Phipps Institute of Chemical Research, Philadelphia, Pennsylvania, joined the staff of the division of textiles and clothing on September 1. Miss Hill has received both her bachelor's and master's

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degrees from the University of Pennsylvania, specializing throughout the course of her training in the various phases of organic chemistry. Her work at Phipps Institute was centered on dye problems. Her first problem in the Bureau will be the study of the chemical and physical changes of textile fibers caused by the process of home laundering. Many phases of this subject require scientific research before recommendations can be made to replace the unsatisfactory household methods now in use.

Mary A. Davis began work as junior specialist in clothing on September 16. For the past two years Miss Davis has been instructor in clothing construction and selection at the University of Oregon. For the year preceding she held the fellowship in textiles at the University of Washington given by the Bon Marché Department store of Seattle which gave her practical experience in analyzing textiles for a commercial firm. Miss Davis' first work in the Bureau will be in connection with the study of clothing habits and problems of the consumer which is being conducted in cooperation with the American Home Economics Association. Later she will make a study of the use of textile materials in house decoration with a view of formulating suggestions for farm women.

ALABAMA

Alabama Polytechnic Institute. The home economics department has begun its fourth year's work with increased enrollment, and with its graduates holding home demonstration positions in seven counties, one on the state extension staff, and seventeen teaching in high schools.

Miss Gatchell, of the foods division, and Miss Harris attended the summer session at Columbia University. Miss McIntosh, critic teacher, did graduate work at Chicago University, and Henriette Thompson, head of the clothing department, represented the college at the annual meeting of the American Home Economics Association in San Francisco.

Home economics courses were offered during both terms of the summer session. The faculty for the first term included Henriette Thompson of Auburn, Martha Thomas of Hood College, and Mrs. Margaret Harris Blair. Mrs. Rose and Miss Cox of Peabody College made up the faculty of the second term.

The summer session Home Economics Club, under the leadership of Miss Thompson, held weekly meetings. Among the speakers were O. B. Martin and Ola Powell of the Department of Agriculture, Washington, D. C., Dr. E. C. Branson of the University of North Carolina, Dr. W. A. McCall of Columbia University, and Dr. Fannie Dunn of Teachers College.

Alabama Experiment Station. Appointment of Dr. Georgia Winifred Burton to the research staff has been announced by Professor M. J. Funchess, dean and director. Dr. Burton has begun the work of establishing a research division in home economics, made possible by the Purnell Bill passed by the last Congress. Dr. Burton received her degree of B. A. from Randolph Macon Women's College, Lynchburg, Virginia, in 1916, her M.S. in 1918–19 at the University of Chicago and her Ph.D. at Columbia last spring.

Alabama Extension Service. Gladys Tappan, district home demonstration agent, left Auburn on July 1 for the University of Georgia to complete work for a degree in home economics. From there she planned to go to Columbia University to work for a post-graduate degree.

ARIZONA

University of Arizona. Miss Bevier is with the home economics department again this year, holding vocational conferences with freshmen and assisting in organizing the new university extension course in home economics. The subjects are textiles, millinery, and budgeting. Recent appointments include Margaret Cammack, who recently took her doctor's degree under Professor H. C. Sherman at Columbia, and Olive Gallatin, last year's holder of the Arizona home economics fellowship. Elizabeth Wilson holds it for 1925-1926 and is majoring in nutrition.

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NEXT SUMMER

will be here before we know it; so we already are planning for our 1926 Summer Sessions.

Special courses and out-of-state faculty are our most important problems. We will greatly appreciate any suggestions from you as to special study you may wish, and prominent educators under whom you would like to study. This year's students made requests for several "big" men and women and three of them have already been retained.

Our success depends on how well we please you; so send us your suggestions as soon as possible.

Summer Sessions

Colorado Agricultural College

FORT COLLINS

DISTRICT OF COLUMBIA

District of Columbia Home Economics Association. At the annual meeting held in June, the following officers were elected: president, Emeline S. Whitcomb, specialist in home economics, U. S. Bureau of Education; vice-president, Mrs. R. W. Leukel; treasurer, Lucy M. Alexander; secretary, Mary Tate; councilor, Edith M. Thomas.

The following committee chairmen have been announced: membership, Mrs. Edith C. Salisbury; hostess, Emma S. Jacobs and Ida O'Neal; publicity, Julia D. Connor; program of work, Margaret R. Guest; Journal club, Adelaide S. Baylor; arrangements and entertainment, Edith Allen; historian, Marian White.

The Homemakers Section for the coming year will be headed by Mrs. Paul E. Howe. It was decided to form a Food and Nutrition Section, and Clyde B. Schuman was appointed chairman.

George Washington University. Dr. Minna C. Denton became head of the home economics department on September 15, resigning the position in the U. S. Bureau of Home Economics which she had held since 1918. Before coming to Washington Dr. Denton was identified with home economics at the University of Chicago, Ohio State University, Lewis Institute, and Milwaukee-Downer College. During 1916–17 she held the Ellen H. Richards fellowship at the University of Chicago. For several years she was chairman of the committee on research of the foods and nutrition section of the American Home Economics Association.

The home economics work at George Washington has been established only recently, but it is the hope of the University and of Dr. Denton ultimately to build up a department whose courses shall represent the best which home economics can offer to the college girl. The program outlined for the present year includes courses in food economics; in experimental cooking, or the science of food preparation; in introductory study of nutrition and dietetics; and in the recent scientific literature on nutrition.

American University. The newly-established undergraduate college which first opened its doors late in September, includes a department of home economics of which Miss McCullough is the head.

1925 Better Homes Campaign. The Washington Better Homes Demonstration was awarded honorable mention by the Committee on Awards, which especially commended the successful furnishing of a demonstration home on a budget.

ILLINOIS

University of Chicago. Dr. Hazel Kyrk joined the home economics faculty at the beginning of the autumn quarter, coming from Iowa State College. Dr. Kyrk, who received her doctorate in political economy, is particularly interested in the problems of women and the family. It is hoped through Dr. Kyrk to develop further the economic phase of home economics.

Three young women were awarded doctorates in home economics (nutrition) at the September Convocation: Margaret Chaney, who is now on the staff of the school of home economics, University of Minnesota; Marietta Eichelberger, now in charge of the nutrition work of the Red Cross in the southwestern division; and Kate Daum, now associated with Dr. Ruth Wheeler at the University of Iowa Medical School and Hospital.

University of Illinois. New appointments on the home economics staff are as follows: Marian Breckenridge, instructor in nutrition, who has just been awarded her master's degree at Columbia, and who did nutrition field work at East Harlem Nursing and Health Demonstration; Mina M. Coon, assistant in institutional management, who is from Pennsylvania State College; Hilda M. Croll, assistant professor of nutrition, who recently taught in Yale University from which she received her doctor's degree in June; Katherine B. Gunn, assistant in

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foods, a graduate of the University of Kentucky and Chicago; Florence M. King, instructor in teacher training, formerly instructor at Illinois State Normal University; Anna M. Schreiber, instructor in foods, with degrees from Michigan Agricultural College and Columbia University, and recently a graduate student at Chicago University; Edith E. Smith, associate in institutional management, who received her master's degree from Columbia University was formerly in charge of institutional management at Pennsylvania State College.

Illinois State Normal University. New appointments include Dorothy Kitchens, instructor in clothing, and Gladys Flamson, instructor in foods.

Illinois Wesleyan. Mate Giddings is the new director of the home economics department.

Lewis Institute. Lemo Dennis will be in charge of practice house and child care work.

Ruth Wardall, University of Illinois, Florence Swain of Chicago Normal College, Lydia Roberts, University of Chicago, Grace Hood of Lewis Institute, and Grace Jones of Southern Illinois State Normal School all spent part of the spring or summer in Europe.

INDIANA

Indiana Home Economics Association. A tentative course of study has been completed for the seventh and eighth grades. The big divisions of subject matter are foods, house problems, home appreciation, and clothing, with several sub-divisions under each. The course will be tried out in a number of schools this year and then revised and printed for general use.

IOWA

Iowa State College. During the spring quarter, at the request of the retailers' committee of the Ames Chamber of Commerce, an educational project with the sales force of the Ames department stores was undertaken by the combined applied art and textiles and clothing departments. The problems chosen concerned the textile materials and the principles of art in connection with draperies, rugs, and costumes. Nine evening discussions were held in each store. As a result, many cases of better service from the sales force have been reported and a better understanding of merchandise. The managers seem on the whole willing to accept the standards of selection set up in these discussions.

With the fall quarter the department of household administration expanded its facilities for instruction in child care and training. A two-story brick building on the campus has been made over into a nursery school with three laboratories and a sleeping room. The number of children has been increased to forty-five, giving the senior students a better opportunity to study a varied group of children. The study of parent-child relationship is made possible by the enrollment of mothers as well as children.

Additions to the staff are Dr. Louisa C. Wagoner, who received her doctorate from the University of Iowa under Dr. Bird Baldwin, and Mrs. Alma Jones, formerly nutrition specialist in the extension service, who will work in the field, and Dr. Elizabeth E. Hoyt, associate professor of household administration and economics, who has spent the past three years in teaching and in advanced study at Radcliffe.

Maude Williamson, associate professor of education at Kansas State Agricultural College, is studying and teaching this year in the department of vocational education.

MICHIGAN

Michigan Home Economics Association. The annual meeting was held during a district meeting of the Michigan State Teachers Association in Saginaw, October 27 to 28. Lita Bane was the principal speaker. The Southeastern Michigan Dietetics Association petitioned to be admitted to the Michigan Home Economics Association as a dietetics section.

The five news letters to be published during the year will feature membership, our conventions, the home, home economics clubs, and boosting home economics.

Michigan State College. Michigan State College is the new name for the college at East Lansing formerly called Michigan Agricultural College.

The State College last summer opened a lunch room at the state park at Interlaken where institutional management classes demonstrated what is possible through cooperation of the farmer, the state highway commission, and the college in providing good food for tourists. The highway commission built the attractive log cabin; the agricultural department of the college under the supervision of President Butterfield arranged with nearby farmers for a continuous supply of fresh vegetables; and the home economics department supplied the teachers and students who planned, prepared, and served wholesome meals to the tourists.

Extension Exhibit. The department of home economics extension directed an exhibit of the activities of rural women in eight counties at the Western Michigan Fair at Grand Rapids, September 8 to 13. The exhibit demonstrated the far-reaching effect of training local leaders who carry back the instruction to their respective groups. Besides charts showing enrollment, meetings, and practices incorporated in the home, and maps indicating the distribution of local clubs, there were artistic and graphic exhibits of posters, large and small models of work done, photographs, publicity clippings, and other presentations of the scope of work covered. The state leader or home demonstration agent met with the local leaders once a month for instruction and plans of work. The local leaders carried what they learned back to their groups in a monthly meeting. Clothing, nutrition, and home management units were represented.

State Vocational Conference. The second summer conference for Smith-Hughes teachers of home economics and others was held at Michigan State College, July 20 to 24. Mabel V. Campbell of the Federal Board for Vocational Education and Mary Beeman, state supervisor in Indiana, contributed much, as did speakers from the state department of health and the college faculty.

MINNESOTA

Minneapolis. A regional conference of the Federal Board for Vocational Education was held in Minneapolis September 21 to 23 under the leadership of Miss Campbell of the Washington office.

Camp Sigel. The first Recreation Institute held in the United States under the auspices of an extension division was held at Camp Sigel, June 26 to 28, and was really a training school in recreation. It was so successful that St. Louis County has come to look upon it as the first of a series of such annual meetings.

PORTO RICO

University of Porto Rico. A class in experimental cooking made up of the senior home economics girls under the direction of Elsie Mae Willsey, began work last semester on the standardization of the traditional recipes of Porto Rico and the introduction of new ways of serving tropical food materials.

The encouragement of the more general use of vegetables in the Porto Rican diet was decided on as the first problem, and fairly complete results were obtained on the chayote, yautia, green and ripe plantain, and green banana. The work will be continued during the second semester.

Home economics instructors in Porto Rico have been working under the disadvantage in not knowing the chemical composition and nutritive value of tropical foods. The new School of Tropical Medicine, established under the joint auspices of Columbia University and the University of Porto Rico, will be opened soon with a department devoted to such analyses. This means much to the future of home economics in Porto Rico.

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Official Organ of the American Home Economics Association

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Orphan girls at Sidon Hilltop learning how to make preserves

Mealtime at the Zappeion Orphanage. The youngsters take turns in serving

SCENES FROM NEAR EAST RELIEF ORPHANAGES AT SIDON HILLTOP AND ZAPPEION

Courtesy of Near East Relief

Vol. 17, No. 12 DECEMBER, 1925

Journal of Home Economics

EVERYDAY LIFE AND SCHOOLS IN RUSSIA

MABEL HYDE KITTREDGE

Association of Practical Housekeeping Centers, New York

Is it difficult to get into Russia? That question is constantly asked. My traveling companions and I had every key (as we thought) to unlock the most tightly shut international door, even a cable of invitation from the Soviet Health Department. But all letters of introduction, passports, and cables seemed as waste paper in our hands when we attempted to secure the last Russian *visa* that must come from Moscow to each individual before he is permitted to cross the border. When at last the word of permission came to the Russian embassy in Poland, it allowed us so few hours to meet the many unexpected official requirements that it looked as though the Russian government rather hoped it had suggested the impossible.

We left Warsaw one midnight in the autumn of 1924 on the once-a-week train to Moscow. All of the first day we traveled through flat, depressingly wet, ugly Polish country, the larger part of the land under water; but it seemed as if every small dry knoll rising out of the marsh was utilized by some peasant for his rough mud and log house. Half-clad, barefooted children wandered in the cold marsh, keeping guard over the innumerable geese. I saw men in cast-off American uniforms; one man in a woman's ragged dress, digging and planting in the little strip of land running along the railroad track which rose a foot or two above the flat, wet ground. In all America one does not see such universal, unrelieved poverty as in that war-weary land.

Nineteen hours after leaving Warsaw we reached Stolpce, the border town of Poland; here our papers and our baggage were examined thoroughly and we ate our first hot meal since leaving Warsaw. The cabbage soup, that we later learned to know so well, eaten in that dark,

rough station with the rain coming down in torrents outside, tasted better than any dinner I ever had in New York. After our meal a new train carried us over the border to Minsk; more examination of baggage and papers, and we were in Russia.

Anyone entering a strange European country, without knowledge of the language or the customs, has much the same disadvantage an ignorant immigrant has in coming to America. When we were made to pay an "extra" 198 sloti ($40) before we could cross the Polish border; another "extra" 80 rubles ($40) before we were allowed to sleep after crossing the Russian border, and another "extra" 20 rubles ($10) when we woke in the morning, our first feeling was anger at being cheated. But a kind German explained all: the Polish ticket agent in Warsaw had undercharged us, and he wired to the conductor to correct his error; the through-ticket never included night accommodations; and for a passenger to ask to have the "berths made up" is synonymous to purchasing the bed-sheets from the train official. One carries one's own bedding on Russian trains. Indeed, until recent years a visitor carried his own sheets when making a visit to the finest home.

The basis of many of the annoyances in Russia is our non-understanding of a people totally different from ourselves, in customs, mind, and ethics. So long as the Anglo-Saxon applies to the Russian's manner of living his own code, so long will his measure of the nation be inaccurate.

One's first feeling on reaching Moscow, a city where all the hotels are government-owned, and with few exceptions have been turned into homes for the workers, is of mental confusion, wondering where to go. And the people on the streets are so different; at home we are accustomed to see both well-dressed and simple people, even the noticeably poor, walking side by side, sitting together in cars and theatres; but in Russia there is no such contrast. All are simply or shabbily dressed. Many women wear colored handkerchiefs on their heads, others hats that may have been in style before the revolution. Many girls have short clipped hair and no head covering at all. Coarse stockings are worn by those who can afford any stockings; broken, patched, or very rough boots are too common to be noticeable. I have seen coats where the fur collar has been ripped off and sold, long coats made short by selling the skirt part. The men and women at the opera or the theatre (and performances are given now with the same perfection of detail as in the Tsar's day) are in black or blue cotton smocks or in oldfashioned, left-over clothes. Not only does one never see evening dress on the men, but seldom even a collar. Trotsky says in one of his books on the present attitude of the

people, "We no longer care for clothes." Certainly that appears true to-day, but one should remember it is "the thing" now to dress the part of a Russian laborer, and those who have no part to play in the present régime think only of how to buy bread; to live at all they must sell all clothes excepting only enough to keep out the cold.

Soviet Russia, it should be remembered, has to care for the orphans left from the war, the revolution, and the famine; from this latter catastrophe, I was told, half a million children were left without parents or homes, and the government is making a fine effort to organize into some kind of economic order this child life, now housed in "Children's Homes" all over Russia. Talented boys and girls are set apart in "Music Homes" and trained to enter the concert and ballet world. The opera, concert, and ballet in Russia is considered so culturally important that it is the first consideration and expense of the Department of Education.

We attended a concert in the Tsar's private music-room at the Opera House in Moscow at which the singers were young boys and girls of eighteen to twenty years of age from one of the Music Homes. They sang grand opera choruses with the regular opera stars. The boys wore black smocks turned back at the throat, and the fifty or more girls had green dresses, very ugly, very scant, and all alike. It was explained to me that it was not a uniform, but by buying a dozen pieces of goods at a quantity price expense was lessened, and anyway "the girls are too busy to care for clothes." Will those really lovely Russian girls always be too serious-minded to want to look pretty?

The crowded condition of Moscow (now the capital) allows little space for each individual. For one family to have an entire house while an equal number of persons of another class crowd into one or two rooms is unknown under communist rule. All houses and living arrangements are under the direction of the government; each person is told where he can live, and the space allotted to him is precisely as much as the space given to his neighbor. In November, 1924, this allotment was thirty square feet, but even then the inspectors were going from house to house measuring each room with their little tape measures and a decrease of individual floor space was feared. This doling out of living space, which literally means living, sleeping, and eating all in the same few feet, gives a family a room to itself only if the room and the family measure up satisfactorily to the inspector. Large rooms must be occupied by three or more persons, and when the individuals who find themselves room-mates are unrelated it is a terrible hardship to those used to privacy. All persons in the house share one kitchen and cook on the one stove. Community

restaurants were tried and failed; it seems to be a universal desire of each woman to cook for herself, although all admit that the crowding in the shared kitchen results in daily and never-ending quarrels.

In many of the once richly furnished homes the bath-tubs have been taken out to make room for beds; it is assumed that all can use the public baths. My interpreter, a Russian girl of twenty, who with her father and mother now occupies one room in the large house which was once all their own, told me the man in the next room washed his pig in the one tub left in the house. He was a peasant; in his home, as in all Russian peasant homes, the animals and the human beings shared the same cabin, and this pig had come to Moscow with his master; doubtless the tub looked to this man more like a trough for his pig than like anything for himself. The most primitive Russian is accustomed to the public bath and certainly it may be said for this Russian bath that it is very effective. The bather lies on a wooden bench in a large, air-tight room. A small stove, hot stones, and boiling water give out such a steam that the cleansing process is very complete. I have travelled in the poorest fourth-class trains, crowded with human beings, and although the trains were dirty and smelt dirty there was a decided lack of human odor. It was, I think, because of these steam baths that all Russians are accustomed to take once a week.

The village houses, the homes of 85 per cent of Russians (for of the one hundred and thirty million souls more than one hundred and ten millions are peasants) are built of logs or of bricks molded from mud, manure, and straw mixed together. Women tramp down this mixture with their bare feet until it is a pulp, easy to press into wooden molds. When the mud bricks are in place, a rough thatched roof of straw is put over the top. These dry roofs easily catch fire and in order to keep such fires from spreading through a village, the street is very wide. Down this wide avenue lined with its tiny huts travel the cows, the camels, the pigs, the horses, and the people; all creatures share alike. The typical peasant house, in which humans and animals live together, consists of two rooms with earth floor, a huge oven, and at the end of the inner room a platform or occasionally a bed. On the oven the little children, the sick people, and the weak animals sleep, while on the platform, when night comes, the more sturdy human beings and larger dumb animals crowd together for the warmth and comfort shared alike by all.

What of the food? It is lacking in variety as is the case in many countries. The Anglo-Saxon must have variety, but just as the average Italian is content with his macaroni and the Chinaman with his rice, so

the Russian wants little beside his "chi" or cabbage soup, his "kasha," a mush made from buckwheat or millet, and his black bread. It is the glass of tea that is the essential. At every railway station, no matter how small, he can get his "kipytok" or boiling water. The entire train-load alights, each person with his kettle, and taking his place in line awaits his turn for hot water, listening always for the little bell that rings sometimes before the precious water is reached. At the bell all hurry back to make their tea in the train, and they are ready for a new brew at the next station. Every house and hut has its samovar, and at all hours of the night and day the water is boiling, ready to be poured over the tea leaves and sugar. During the revolution tea was often missing, but never "kipytok." Russians drink their boiling water with honey or sugar. The well-water in the villages is poor, thus the custom of boiling water saves many lives. Another universal custom, among the children especially, is chewing sunflower seeds. It is a more unpleasant habit than the American one of chewing gum, for there is a constant spitting of the seed out of the mouth after the oil is extracted. The government is trying to forbid by law this spitting on the street, but the Quaker relief workers are trying to make them realize that the oil from the sunflower seed is of much nutritive value to the children, now so in need of fats. It isn't a pretty habit, but it is too beneficial to legislate against.

Before trying to judge the Russian schools, one must get some faint idea of the material the present government had to work with and the difficulties it faced. The fact is that few Russians ever have had any kind of an education, as we understand the word. Peter the Great tried to start schools, but he failed. Fifty years ago the Zemstvo (elective provincial assembly) tried it, but soon the government, fearing the effect of their very modest teaching (a little arithmetic, reading and writing Russian, and church subjects), began a campaign of its own, where prayers, records of saints and miracles, and loyalty to church and Tsar were thought the only safe teaching to give to children. Maurice G. Hindus in his book on "The Russian Peasant and the Revolution" tells us that in 1916, out of a population of one hundred million in the United States, one quarter of the people were in schools; while in Russia in 1912 out of a population of one hundred and eighty million less than seven million were admitted to schools. When the war broke out more than fifty per cent of the Russian people could not sign their own names. Ignorant of the world, they were not, as Mr. Hindus puts it, "even interested to know whether Constantinople was a mountain or a new brand of tobacco."

On this illiterate people the present government is attempting to graft overnight a culture that naturally would be an evolution of years. The new system of education for the worker includes study of sanitation, hygiene, and social service, history and development of industry, self-government, an appreciation of the drama and all the arts, as well as ordinary school-book learning. A handicap greater than the ignorance of the pupils is the material at hand for making new teachers. The greatest hope for the success of the Soviet Government lies in the training given to the coming generation. All schools and all teachers are under government control. Most of the teachers of the old regime have been dismissed to insure the teaching of communist ideas in the classroom. The new teachers have been drawn from the workers' class, even though it is admitted that they lack a background of culture and that their mental reactions are slow. Shatski, a non-party man, has been retained; he has been a leader in education in Russia since 1907; he makes out to-day many of the courses of study, holds conferences with the new teachers, and is director of the educational museums. Other non-party instructors are allowed to teach. The economic pressure on the government in caring for and assimilating the more than a million dependent children delays the work in the schools. In Moscow alone five thousand of these revolution and famine orphans are physically handicapped. I visited one of the homes for the blind where, for lack of attendants, the children must find their way about alone, always moving in groups of three so as to guide and save one another. The homes for the deaf and dumb still have many of the old teachers, for even the Bolshevist knows that instructors for deaf-mutes cannot be created overnight; but the superintendents must be communists; the school I visited was directed by a kindly kalsominer who, as one old instructor whispered, "knows only his trade." Epileptics fill many homes and are incapable of education.

All children in Russia are suffering from the demoralization of war and famine more than are the less sensitive adults. Their years of nomadic life (many have wandered like little animals across the face of Russia) have left them wild, and both unwilling and unable to submit to control. It is said that one in four of these orphans has contracted the drug habit. The efforts of the government to turn these children into "Young Pioneers" or embryo communists has resulted in an attitude of cocky independence that is difficult for any teacher to cope with. One innovation in all new schools, that is, the first lesson for children in self-government, is the "Children's Soviet." In their meetings the children talk

over the school program and are encouraged to discuss, and, if they wish, criticize the teacher.

The children of the old intelligentsia class are not allowed in the government schools.[1] The reasons given are that there are not enough schools or teachers or money to educate all, and the children of the class which in the past was deliberately denied schooling must come first. Then it is admitted that the old cultured stock have quicker minds; and the mentally slow are at a disadvantage when in competition. And one hears that the workers' children are the future rulers of Russia, and it is their education that is of first importance. The "Commissar for Education of all Russia" is Anitole Lunacharsky, an attractive man, highly cultivated and a fascinating speaker, but critized by the people for giving too much thought and too much money out of the educational budget to the music, drama, and ballet departments of his bureau, and too little attention to the schools. Nadyeyhda Krupskaya, Lenin's widow, is untiring in her devotion to the school problem. She goes about in her simple dress, with sandals on her feet, her large sad face never free from the evidences of physical suffering. It is Krupskaya who travels to the village schools, encouraging the timid teachers and sympathizing with the peasant and his child as they slowly try to absorb the new culture; she understands this people, overworked, ignorant, and oppressed for generations.

Much pedagogical work for teachers is done by pictures. Books are scarce and even were they easy of access many new teachers are not students and must receive their training by simple methods. I saw two series of pictures intended to show the teacher the mind of the child of to-day in contrast to that of the child not now found in the schools. One set of pictures portrayed the rich child, playing in a lovely garden, dressed in velvet; near him sat his admiring and indulgent parents. The second set of pictures portrayed the rooms of a worker's hut; coffins were in every room, and gravediggers worked outside, while the peasant's child stood by facing calmly these hard realities of life. The teacher is to respect the mind of this last child in contrast to the first useless boy in his velvet suit.

[1] According to a dispatch from Moscow by Walter Duranty, appearing in the *New York Times* of August 25, 1925, the Central Executive Committee of the Communist Party ("which is above and behind the Government"), realizing the need of specialists even in state-owned industries and of "white-collar men" and technicians, has passed a series of resolutions which aims to put these specialists and their children on an equal footing with manual workers, thus relieving them of the stigma of "bourgeoisism." Their housing conditions are to be improved and all facilities given them which will contribute to the accomplishment of their work. The children of "specialists" are to be admitted to all branches of the educational system.

Picture exhibits are everywhere in Russia. If a farmer wants new methods of plowing and planting, if a textile worker or hat manufacturer desires some special knowledge, or an illiterate worker wishes to study the dangers of his trade, they go to the Museum of Safety in Moscow, housed in one of the former palaces. There each can see by means of pictures the right way and the wrong way of doing his special job. When I was in Moscow the transportation union was having a pictorial railroad exhibit in the former Noblemen's Club. There was also one on sanitation; but when I saw the cuspidors in trains, habitually emptied on the floor and the contents superficially swept away, I felt that more than a picture is needed to change the sanitary customs of a country.

The ideas on education and the curriculum as sent out from the Department of Education at Moscow are very up-to-date, but when one looks for the accomplishment one meets disappointment. The schools, like everything under Bolshevist rule, are acknowledged experiments. The government boasts of its open-mindedness in being ready to discard an idea and try a new one as often as a plan does not work. But this lack of stability is confusing to the teachers. One hears often the lament, "It is because to-day's rules are never like yesterday's that my school is poor." The equipment in all schools is so very limited that the attempt to follow a ruling without proper materials results often in comic failure. In a boarding-school where the order had gone forth to have all bedroom windows open, there were no blankets on the beds, and although it was November, the order was literally obeyed. When the hour for self-expression arrived, children stood dumbly in empty rooms feeling no creative awakening. The outside activities expected of teachers are upsetting to the regular curriculum. In city schools each teacher must every week take her class to visit a factory; she must see that every child goes to Lenin's tomb, and every school must have anti-religious and revolutionary plays acted by the pupils, who are trained by the teachers. Is it any wonder that the schools when visited present a different aspect from the plans as seen on paper?

The course of study is based on the project method, different somewhat in city and country schools. The child in the village starts by studying its immediate environment, the schoolhouse, and its sanitation and social life. Then the railway station and its daily program, and gradually the child is made to work out from the school to the yard or garden, and eventually to a study of the village and its homes and farms. Hygiene and food make a natural link between school and home, and in one village the parents, while being taught that food gives the child the

ability to study, were encouraged to cook one good meal a day, and the school would give the second meal.

District agriculture, social life, and self-government come next, and after that the pupils are able to go into national conditions, the climate, animals, and geography of Russia, as well as national industries, including such studies as machine work, mining, and metal-working. Lastly come the world industries, and society under a capitalistic and under a communistic government.

Rules made in Moscow will not work always in the peasants' village on the Volga. The kindergarten child, supposed to work in the school-garden, refuses; she hates the black earth, for even at her tender age she has known the hardest kind of field-work. The arithmetic teacher having reached the second project, "lessons in the school garden," finds only a bit of grass and four cabbages. "One can't add and subtract those cabbages for a whole term."

It is not possible to describe in detail the many schools I visited. Two in Moscow were especially interesting. One was the Commune Industrial Workers' School. This was on the Dalton Plan, only factory workers' children were admitted, and the school graduated only technical and social workers and teachers. There was one room for each branch of work. An "assistant to the pupil" sat in each room to give help when requested. Once a month all pupils reported to one of the five teachers. The teachers and the head master were simple people, the majority Jews. The pupils in this school are over fifteen years of age, work nine hours a week in a nearby textile factory, and receive small wages. The most exclusive school in Moscow admits only the children of communist leaders, and the attitude of the boys and girls in that school was one of self-conscious superiority. The teachers were pathetic in their vain effort to keep any order in their schoolrooms.

Russia's educational problems are tremendous and one must recognize and respect her attempt to raise up and educate her more than a hundred million working people. But as the government often is willing to change when it sees it has blundered, we can only hope that it will see that as it was wrong in the past to educate only one class, so it is not right now to confine education to the proletariat class and exclude the bourgeoisie. Education must be for all. Free thought, free expression, with universal instruction, must be recognized as the right of every child, and only by allowing all children this equal chance of development can the highest intellectual possibility of a nation be realized.

HOME ECONOMICS AND THE EDUCATION OF CHILDREN[1]

LOIS HAYDEN MEEK

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Homemaking may be considered from three aspects: that which has to do with food, clothing, and shelter; that which has to do with broad social and economic background; and that which has to do with human relationships. The whole field of human relationships is bristling with interest, but there is no phase so important as human relationships within the home. In a recent issue of *The New Republic*, Miriam Van Waters, in discussing "What's Wrong with the Home," says:[2]

> . . . . The fundamental difficulty is due to the relationship of parents to each other and their children. These forces which operate from within are far more dangerous than those which operate from without. Parents refuse to be educated in the necessity of respecting the personalities of children and enriching their social relationships. The successful home attains and expresses a common interest through joint action of a number of human personalities. . . . .
>
> Solution of the problem of the stability of the home . . . . lies in the education of the public to the importance of the needs of childhood and a biologically sound view of family formation. Adults before building a home must understand themselves.

In Dorothy Canfield's novel "The Homemaker" we are given a vivid picture of a mother who ignored human relationships while she slaved to give her husband and children a "perfect" home—perfect from the standpoint of cleanliness and order, of good food, of artistic surroundings, of health rules and regulations, of education of her three children in adult-to-be-desired behavior. But the personalities of Helen and Henry and little Stevie were never glimpsed. There was no appreciation of growing, developing, differing human beings. Timid Helen, living with her all-efficient mother, gradually built up habits of lack of assurance, of fear of new situations, of general self-depreciation which hampered her in meeting life's situations. Henry, rather mediocre and shy, became undernourished and sickly because wholesome food would not digest when he was nervous and afraid of not eating properly. And little

[1] Prepared for the meeting of the American Home Economics Association, San Francisco, August, 1925.

[2] What's Wrong With the Home? Miriam Van Waters. *New Republic*, February 4, 1925, 41: 277–80.

Stevie, brimming with life, physically and mentally active, doing, investigating, learning, was continually inhibited, repressed, denied his desires by a mother who wanted him to be "good," quiet, orderly. At three years of age he was resentful of the laws of his home, was building up hates, going into tantrums, and learning to deceive in order to enjoy.

The problem which we are facing to-day is what we can do for young men and women in order that they will not make the mistake of ignoring human values within the home. Can we leave it to chance, can we assume that they will learn just through their own home experiences, will instinct suffice?

In primitive times all education was carried on through the activities of the home. Girls learned to prepare the grain, to build fires, to cook, to weave, to make clothes, to do all the things that a primitive woman must do through participation in the home activities. Boys learned to shoot, to trap, to hunt, to fish, to fight, through participation in the father's activities. In each case the adults in the home were the teachers. Not only work, but play, standards of conduct, religious beliefs, faiths, fears, family and tribe traditions were all learned through participation. The family group was the educating group and took this responsibility seriously. But society gradually developed a separate institution for the education of its children where certain adults were paid to educate them in large groups. This relieved the home of a large responsibility. A few of the so-called "homely" virtues were still considered the responsibility of the home: honesty, the fear of God, manners, truthfulness. The home also was still the place for the girl, the prospective homemaker, to receive her training. But this social institution, the school, has spread, and now it has undertaken the responsibility of character education and of training for homemaking.

Even those who realize that one does not necessarily learn how to be a homemaker through participating in home activities are prone to believe that marital love and maternal instinct will supply all the knowledge and skill necessary for building the right relations among a family. Dr. Helen T. Wooley has said, "It is as silly to trust the maternal instinct to bring up a child as to trust the acquisitive instinct to earn a living for the family. Instinct is at the base of all we do, but does not relieve us of the necessity of training."

Of first importance in such training, I should say, is that homemakers should know what children are like. They should have a sympathetic appreciation and understanding of the activity of child life. For activity is the key-note of wholesome childhood. From earliest infancy

every moment of a child's life is an active moment. Grasping, stretching, cooing, reaching, sucking, all these and more are the diversions of the infant. Each day, each month, each year adds to his repertoire of activities. Who can guess what next the three-year-old will do? Adults need to be sympathetic, to understand how potent a part this multiform activity is in the wholesome development of the child.

Second, the homemaker needs to know that it is through these activities that children learn. Children are born with certain tendencies to act, with some behavior patterns well-established. At birth (and probably before) they begin to make adjustments to their environment, they begin to develop ways of behaving. This is learning. The behavior reactions which children learn are greatly dependent upon the environment in which they are placed. The ones who control the environment of a baby in large measure control his learning, his behavior. During these early years the child forms literally hundreds of habits and attitudes. He comes to kindergarten at five knowing how to do some things for himself, knowing how to handle and manipulate various kinds of toys, understanding nearly all that is said to him, expressing himself quite adequately in language. All these things, and more, he has learned. He has learned by doing, by manipulating, experimenting. He has learned because some adult has told him. He has learned by constantly repeating an experience. But he has learned some things that are not true, he has learned to do some things inefficiently, he has learned to mispronounce some words, to misunderstand others. In order that adults may control the environment so that children will learn desirable habits in a desirable way it is necessary that they know something about how children learn. They must understand the factors which influence learning and the principles of habit formation.

Third, the homemaker needs to appreciate that it is during these early years that personality traits are being developed. One boy is learning to be shy, afraid to attempt things, conscious of all around him, subservient to public opinion; while another is learning to be bold, boisterous, afraid of no one, careless of property, careless of all desires except his own, learning to elbow his way through life. This is the great period for building food likes and dislikes, for acquiring attitudes and general emotional behavior that will last through life. Children may develop a host of fears of animals, of the dark, of radiators, of false faces, and what not, or they may learn gradually to control their fear even when fundamental fear situations occur.

Fourth, homemakers should be trained to analyze children, to see their

behavior problems, to develop plans for re-educating them. The reports from the pre-school behavior clinics are most encouraging. They give us many case studies of children with extreme behavior problems who have been helped, improved, and sometimes cured by re-education. Often this means a re-education of the parents themselves. Adults who are nervous, prone to fits of anger, consumed with many fears, distrustful of people, irrational in thinking, expressive of extreme likes and dislikes must expect to see these mirrored in the behavior of their children. Children need wholesome adults to guide them in forming wholesome habits. Parents must be trained to analyze themselves, to see their own part in the building of poor habits in their children.

And, fifth, I would have homemakers know something of what society is doing to help them in their work. Nursery schools, child guidance clinics, child welfare research laboratories should be as familiar to them as dish-washing machines, medical inspection, and the women's magazines.

There are many agencies which are attacking this problem of helping parents in the education of children in the home. Current magazines and periodicals are publishing studies. There are many books on the market written specifically for parents. Lippincott has just published "Training the Toddler," by Elizabeth Cleveland, which is based on the work of the Merrill-Palmer School. Ernest Groves' two books, "Personality and Social Adjustment," published by Longmans Green and Company, and "Wholesome Childhood," published by Houghton Mifflin, are splendid contributions. The Federation for Child Study, which for thirty years has been organizing parent study groups in New York City, has adopted a national program under the new name of the Child Study Association of America. They are organizing study groups, issuing bibliographies, publishing a monthly bulletin. The American Association of University Women has undertaken a study program in pre-school education. Outlines, bibliographies, and bulletins have been organized. Last year 99 groups of college women were studying the problems of childhood education under their guidance. Universities are offering extension courses and developing child study laboratories. The University of Iowa this summer held a three-weeks summer school for parents; Teachers College at Columbia University, the University of Minnesota, and the University of Iowa have programs which include research, nursery schools, clinics, and parent training; Yale has been doing research and clinical work for several years; Western Reserve University is offering a course

in parent training; and, lastly, there is the development which is taking place through your own group—the schools and departments of home economics.

I need hardly mention the outstanding contribution which has been made by the Merrill-Palmer School in Detroit, under the direction of Miss Edna White and Dr. Helen T. Wooley. But there are other places where a beginning is being made. The introduction of a child in the practice house connected with home economics departments in many instances has stimulated interest in something more than physical health. In several schools the child care courses have spread out to include child training and gradually separate courses are being offered in child training. Nursery schools as laboratories for such courses are being developed at Iowa State College, Pennsylvania State College, Cornell, the University of Cincinnati, and the University of Chicago. There are probably many other developments and programs of which I have not learned.

It is a movement bound to grow. How can the American Home Economics Association help in stimulating, guiding, directing this movement? I beg to offer a few suggestions for your consideration. I note with interest that in your program for work for 1924–25 there is a paragraph which reads:

"1. That the Association include a program of child study which represents all phases of child care and management, as a fundamental part in all programs which have as their aim training in homemaking and parenthood, and the full coöperation of this Association with all agencies which are studying some one or more phases of this problem." I wish it were possible to know just what follow-up work has been done during the year in upholding this program. The JOURNAL OF HOME ECONOMICS is showing an increasing interest. During 1924 there were four items in the Open Forum section on some phase of child education. There were no full articles. In the seven numbers issued so far in 1925 there are two full articles out of a total of 31 articles. Besides, we find five items in the Open Forum. In the book section of the JOURNAL there is a similar slight increase: in 1924 out of 148 books mentioned, 11 concerned the education of children; in 1925 (7 issues) out of 101 books mentioned, 12 concerned the education of children. In a magazine which must cover such a wide range of subject matter one could never expect to find many full articles devoted to the education of children. But there may be an opportunity for development in the listing of especially good articles which are found in magazines devoted to child psychology and education.

In looking over the sections of this Association devoted to food, extension, education, economics, textiles, business, art, and homemaking, it occurs to me that this may be a pertinent time for the formation of a section on childhood education. Such a section could make a real contribution by making a survey of what is being done in home economics departments in this field, what courses are being offered, what laboratories are being developed. It might then attempt a bigger piece of work in the organization of the subject-matter in this field which should be given students in college. Probably a course in general or educational psychology should be required as a basis. A course in family adjustments seems essential, for even where there are no children adults need the help of philosophy, sociology, and psychology to make a worth while home. Such a course might be given by professors from these three departments. It is interesting to note that the parent training courses at Western Reserve University have developed from the department of applied social sciences. Next, we would all agree that a course in childhood education or child training should be given. Paralleling this there should be observation of children and participation in the care of children. A nursery school makes an ideal laboratory. Some experience may be gained with the child in the practice house, but this is certainly not enough. One wonders if arrangements could not be made for students to take care of children in the neighborhood. Many mothers will be glad to cooperate, to be relieved for a definite number of hours a week. If the mothers were members of a child study group under leadership of the instructor of the childhood education classes, such an arrangement might prove advantageous from many standpoints. And, finally, I believe it will be necessary to offer a course in the materials of education in order that these students may know something of the play materials, toys, music, books, stories, and games which are educative for young children.

In a catalogue just issued by one of our Land Grant colleges I find under home economics thirteen courses listed in cooking and one course listed to include both child care and child training. Is this because cooking bears this relative value to the education of children in the home? Is it because so much more is known about cooking than about children's habit formation and personality development? There is no course offered in family adjustments. John Dewey has been quoted as saying "Parenthood is the last unstandardized profession"—a challenge which I am sure this group of women will accept.

PRACTICE HOUSES AND HOME ECONOMICS COTTAGES

BLANCHE HALBERT

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Better Homes in America has completed a survey[1] of practice houses and home economics cottages in schools, colleges, and universities. The questionnaires used in the study requested information on house planning, equipping, furnishing, financing, budgeting, home life in the practice house, and the values derived from the practice house methods of teaching as well as the value of the practice house to the community. They were sent to practice house supervisors and home economics teachers throughout the United States and the Philippine Islands. The replies furnish much specific information as well as opinions and conclusions of many home economics teachers, who not only have had considerable practice house experience, but who have given the practice house method of teaching serious thought.

For the purpose of this study the practice house has been defined as a house where a group of home economics students actually live and carry on the homemaking activities of any typical home. The home economics cottage has been designated as a house with or without a laboratory in which much of the laboratory work in home economics is usually conducted and which does not have a student group in residence. The practice houses are naturally found chiefly in colleges and universities, the home economics cottages in high schools.

The study has been based upon 77 school practice houses and 57 home economics cottages in thirty-nine states and the Philippines. Although the 77 practice houses represent a large proportion of those now in operation, the number of home economics cottages reporting is not nearly complete. These cottages, however, represent all sections of the country and include examples of all usual types, both with and without laboratories.

The first practice houses were built or acquired over twenty years ago. Both Stout Institute of Menomonie, Wisconsin, and Tuskegee Institute in Alabama have reported owning a practice house as far back as 1904. Since 1913 the practice house movement has spread rapidly. Dutchtown, Louisiana, reported the first home economics cottage as early as 1907. To-day Louisiana has 81 cottages.

[1]School Cottages for Training in Homemaking. Published by Better Homes in America, 1653 Pennsylvania Avenue, Washington, D. C. Price 10 cents.

Although 64 of the 77 practice houses upon which information has been reported are owned by the schools, only 16 have actually been planned for practice houses. Of the remainder, 36 are reported as originally built for private dwellings, three as dormitories, while of nine the original purpose was not stated. Most of the practice houses bought by the schools were built for dwellings. Since in such cases it is usually necessary for the school to take what is available and nearby, some of the dwellings are very old and much too large, and satisfactory remodeling has often proved extensive as well as difficult. Remodeling is an individual problem entirely, and varies in each case.

The following colleges and schools planned and built practice houses: Tuskegee Institute, Georgia State Normal, Hood College, Minnesota University (2 houses), Mississippi State College for Women, Queens College, North Carolina College for Women, North Dakota Agricultural College, Rhode Island State College, Texas College of Industrial Arts (2 houses), Prairie View State College, Texas State Teachers College, Hampton Institute, Wisconsin State Normal School at Stevens Point. Of these 16 houses, 9 have been erected since 1920. The plans submitted from the two houses of the University of Minnesota, the house at the University of North Dakota, and the one of Rhode Island State College at Kingston are well worthy of mention.

The two houses at Minnesota University were built in 1923 at a cost of $14,000 and $15,000 excluding the land. They are two-and-a-half-story houses, one frame and one stucco, and each includes living room, dining room, study, six bedrooms, child's room, kitchen, and two baths. Two of the bedrooms are located in the half story and all of the bedrooms have cross ventilation. There are built-in linen, china, broom, and vegetable closets, cupboards, ironing-boards, and medicine cabinets. The entire cost of maintaining these houses is met by the home economics group of 10 or 12 who live there and pay $85 each for a quarter or three months.

The house at the University of North Dakota was erected in 1921 at a cost of about $14,000. This is a two-and-a-half-story brick house with living room, reception hall (converted into an office for household use), dining room, sun porch, four bedrooms, kitchen, laundry, and bath. The North Dakota house has much the same built-in equipment as the Minnesota house.

The nine room, three-story frame house built at Rhode Island State College in 1923 cost $10,000 exclusive of land. This house has been especially planned for convenience and was used as a Better Homes Demonstration House in the 1925 campaign.

The house at Hampton Institute is also an excellent example of a two-and-a-half-story frame house. It was built by the students of the Industrial Arts Class of the college and contains living room, dining room, sun porch, four bedrooms, bath, kitchen, and laundry. Its cost was $7,785. Prairie View State College at Prairie View, Texas, has just this year completed a two-story frame house containing living room, dining room, five bedrooms, kitchen, laundry, and two baths at a cost of $4,000 exclusive of land. In considering these figures it should be remembered that building in the South is considerably less expensive than in the northern states.

Supervisors and teachers were requested to state costs. Values have changed so greatly in recent years that figures prior to 1918 mean little at present. For the 21 houses built or acquired during or since 1918, on which costs were reported, the average cost is about $8,500, exclusive of the land. Twelve of these houses are in the East, six in the West and Middle West, and three in the South. Fifteen contain from five to eleven rooms. Practically all of the large houses of 10 rooms and over have been bought by the schools rather than planned and built.

One double house has been reported as planned and built by the school. Each half contains a dining room, living room, hall, kitchen, three bedrooms, and bath. The cost of this house when it was built in 1916 was $7,500, exclusive of the cost of land. Although this double house has been reported a great success, two single houses, which could be constructed with very little extra cost, would seem preferable, since the single family dwelling is usually considered the ideal arrangement for every family and the function of the practice house is not only to serve as a model for the student group but for the community as well.

As regards the difference between the practice house and typical houses of the communities represented by the students, the supervisors of the 16 houses planned and built by the institutions reported as follows: Eight stated that there was no difference; three stated that the practice houses are larger; two stated they were better planned, equipped, and furnished; and the remaining three did not report. The aim of every school is to erect a practice house which will be a model house in the community and within the means of the typical family.

The majority of the practice houses have some kind of built-in equipment, especially those that have been built for practice house use. The proportion of houses containing the more common types was as follows: china closets, 75.3 per cent; vegetable closets, 41.6 per cent; linen closets,

64.9 per cent; broom closets, 62.3 per cent; bookshelves, 39.0 per cent; window seats, 26.0 per cent; cupboards, 76.6 per cent; medicine cabinets, 48.1 per cent; ironing board, 31.2 per cent.

There are few available data on the cost of furnishings, as in many houses much of the furniture has been donated. The average cost of furnishings reported is about 29 per cent of the cost of the house; or, in the case of the houses built during and since 1918, about 27 per cent. Furniture obtained through gifts has usually been given by clubs, parent-teacher associations, civic leagues, alumni associations, or individuals or bought with money raised by the schools through plays and entertainments or by the savings of the practice house group. In many of the institutions the girls of the home economics classes have done much to lower the cost of furnishings by making such things as curtains, draperies, dresser scarfs, and tea towels.

The selection of the furniture is often done as project work by the home economics students themselves. In the practice house at North Carolina College for Women, the Ellen H. Richards house at Michigan State Normal School, the house at the North Dakota Agricultural College, and that at Hampton Institute, for example, the home economics classes have assisted in the choice and arrangement of furniture. The main object to keep in view in furnishing a practice house is obviously to select furniture which is appropriate, durable, well-built, easy to care for, artistic, and easily copied or duplicated by the students and the homemakers in the community.

In considering the building of practice houses the problem of financing is always of great importance. The 77 school practice houses here studied are operated by universities, normal schools, institutes, and high schools. In most instances the money for the construction of the house is taken from the regular appropriation or school buildings fund. Occasionally a school has the good fortune to receive a gift for this purpose. The building of practice houses by carpentry classes has been demonstrated as a satisfactory way of lowering building costs.

After the initial cost of the house has been met, very little expenditure is necessary by the institution. In most cases much of the expense of operation is met by the home economics student group. The average amount paid by each girl for room and board in these 77 houses is about $3.60 per week. In a few houses, other student and teacher roomers are maintained in residence, but although this additional income obtained helps to pay the operation costs, it is generally considered advisable to keep the group of family size in order that the practice home may be as

nearly like a typical home as possible. The houses are usually located on school property; therefore, lawns and outside repairs are often looked after by the institution.

A small section of the study has been given over to home economics cottages—both with and without laboratories—which do not have a student group in residence.

Of the 57 home economics cottages included in the study 50 are owned by the school and 7 are rented. Thirty-seven of these 57 cottages have been acquired during the past five years. Twenty-two have been planned for home economics cottages and built by the schools—15 of them during the past five years. These last five years show a tendency toward planning and building cottages rather than acquiring old dwellings for the purpose. The average cost of the cottages acquired or built during and since 1918 is a little over $6,000, exclusive of land. This average does not include houses built by students where labor costs are low.

Opinion appears divided as to the relative advantages of cottages with laboratories and those of the more typical home type without laboratories. Of the 57 cottages, 28 have them and 29 do not. None of the cottages in the state of Virginia are built with laboratories while all of the Texas cottages have them. Most of the cottages reported from Virginia are located in small towns where the cottage without the laboratory can well be used. Although cottages with laboratories have been considered more practicable in larger communities, almost as many without laboratories have been reported in towns of 10,000 population or over.

Several home economics cottages have been built by the boys of the schools. An example is the cottage at Brownwood, Texas, built in 1922. It is a one-story frame building with living room, dining room, kitchen, bedroom, laundry, bath, and two laboratories. Its cost was $3,000. The laboratory has a fireplace in order that it may be used as a reception room. The Parent-Teachers Association assisted in the furnishing of this cottage and it is used for a community center as well as a home economics cottage. In Buffalo, New York, the house used by the sixth, seventh, and eighth grades of one of the public schools has been built by the boys of the Vocational Department. It is a frame one story house with built-in cupboards, medicine cabinets, and broom closet. The house at St. Helena Island, South Carolina, was planned and built by the students of the Penn Normal and Industrial School for a Better Homes Demonstration House in 1924 and later maintained as a home

economics cottage for the school. It cost but a little over $1,580. In 1925, Port Huron, Michigan, carried on a similar project and obtained a permanent, well-built cottage for their home economics work, at a cost of $4,812. Such methods of building home economics cottages not only provide educational projects for the students but greatly reduce building costs.

Although the home economics cottages have increased rapidly during the past five years, reports from state supervisors indicate that as yet less than 5 per cent of the 6,500 high schools having home economics courses have cottages, and the movement still has far to go.

DEVELOPING LOCAL SOURCES OF FOOD SUPPLIES

CAROLINE B. SHERMAN

U. S. Department of Agriculture

The problems of the city's food supply and its distribution within the city cannot be solved separately and alone. They are inseparably linked with problems of production, supply, and transportation. Conditions affecting production, supply, and transportation have changed greatly since the war. How long these changed conditions will persist no one knows, but they are so real and so important that, for the present, indications are toward a modified self-sufficing type of agriculture and food supply within a community, rather than toward the great commercial long-distance type that made such strides during the pre-war decade.

Recognizing our present lack of foreign markets and our present high freight rates as significant retarding factors if we continued along our usual commercial lines, the Department of Agriculture has devoted especial attention during the past two years to a study of the factors influencing market demand in domestic markets, especially as expressed in consumers' requirements. Selected cities and their surrounding communities have been studied to discover in each case the demands of the city, present sources of the city's supplies, and possibilities of adjusting neighboring production to meet the demands of the home market town. Hearty coöperation has attended all of the work. Sometimes the State has asked for the service, sometimes the city has asked for it, and sometimes the farmers and business men have combined in the request.

Food consumption, sources, and distribution in Charleston, West Virginia, were studied exhaustively in connection with production and marketing methods in its surrounding territory. It was found that the existence of freight rates made many years ago, before agricultural production in this locality had assumed carlot proportions, favored the bringing in of long-distance goods rather than the fresher product grown nearby. Lack of a farmers' public market in the town had also discouraged the growing of fresh vegetables and fruits in the vicinity. But the completion of a hard-surfaced road system in that region, facilitating local handling, was tended to increase the local supply of fresh foods and was making the need of a farmers' market keenly felt. "By encouraging the local producers to market in Charleston, the consumers in the city will obtain access to a fresher, more wholesome supply of fruits and vegetables, and some of the returns from the produce will naturally be spent with the local merchants; thus the whole community will share the benefits," concludes the state publication based on this survey, "and with the establishment of proper marketing facilities in the city, Charleston should become the wholesale market for perishables produced all over its area." The state is now planning to continue these studies of the main consuming trade areas of West Virginia until all have been included.

An excellent opportunity for a study of the extent to which a city's demands for farm products are met by local producers was offered by Altoona, Pennsylvania, for the area of local supply is clearly defined. Altoona is walled in on the west and northwest by the Allegheny Mountains, and to the south and east the natural boundaries of its contributing farm lands are rather evident.

The distribution facilities of the town, including the curb market, the two market houses, the packing plants, the wholesalers and the retailers, were analyzed. The railroads and highroads leading into the city were studied and all conditions affecting the hauling of foods and farm products were noted. The population of the city was analyzed as to numbers, growth, nature, and character, countries from which they came, dietary habits, nature of employment, and average income.

Next the agricultural production of the counties immediately surrounding Altoona received attention. More than 250 representative farms were studied closely and, by making use of local statistics, gathered over a period of years, charts were plotted showing price trends, acreage, yields, production, and carlot movements for recent years.

The published report gave the important facts revealed, pointed out the advantages that the local producers in this case were shown to

possess by their proximity to market, and stressed the farm enterprises that can be expanded profitably in the community to meet the local demand.

The representative coastal plains town, Fayetteville, North Carolina, also has a well-defined tributary farming region as it is located near the ocean. The town has a curb market in addition to its other distributing facilities but its usefulness at present is limited. The information obtained as a result of the study will facilitate the correlation of local production and consumption with a view to capitalizing the natural advantages of the territory. The farmers needed such help as they have been devoting their efforts largely to the growing of cotton which is now badly ravaged by the boll weevil and the town dwellers will benefit as it will place within their easy reach a much-needed local supply of fresh meats, fruits, and vegetables.

Atlantic City, another coast town with definite channels of supplies, has been surveyed. It is the only town so far studied that has a great fluctuating population, although Cheshire County, New Hampshire was studied because of the necessity felt of providing for a large summer population by summer and of utilizing more distant markets by winter. Atlantic City has a surprising number of city markets, yet many of the hotels and wholesalers receive their supply of fresh vegetables and fruit from Philadelphia markets, where some of the large hotels maintain their own buyers to select exactly what they need. Considering these facts, the investigators recommended that local farmers grow fewer varieties of products and work toward improving their quality. They were also advised to study the needs of the consumers they hoped to reach and grow just the things they wanted and prepare them as wanted. The hotels' wants and the housekeepers' wants are entirely different in so far as quantity, grade, and seasonal demand is concerned.

Another study was made at Tulsa, Oklahoma, and here the local authorities enlisted the further aid of the Department in actually carrying out some of the recommendations made. Tulsa is in the midst of plans for a city market and is taking other direct steps looking toward improvement in the food supply and distribution for its population of mushroom growth.

In several of these cases, interest first centered around the public market building or square and requests for help came in the form of requests for assistance in establishing a city market or in rejuvenating and improving the existing market. Cities usually welcome the idea of making the study a broader one including the present and probable

future demand and the sources of present and future supply for the city. As a matter of fact, not even a city market can be planned with any certainty of success without an analysis of demand, of existing agencies for meeting the demand including chain stores, of the part the market will play in the distribution of the foods of the city, and without an analysis of the contributing sources of supply in relation to each phase of the distribution scheme of the city. Sometimes the need of a city market building or square is indicated and sometimes it is not.

Many other communities have made these studies of town demand and local supply and are now outlining readjustments in local farming plans and in city facilities that will develop the local market and increase the local supply of foods. Lebanon, Pennsylvania, Richmond, Indiana, Roanoke, Virginia, and Macon, Georgia, have gone into the subject rather exhaustively; Terre Haute, Indiana, Danville, Virginia, and Charlotte, North Carolina, have made brief preliminary surveys. Even if conditions again swing back to those favoring national sources of food supplies, it will always be to the interest of any city to know just what is possible in the way of drawing its supplies from its adjacent territory.

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EDITORIAL

The Education Bill. The bill to establish a department of education which the American Home Economics Association endorsed at its annual meeting last August is believed to have better chance of passage in Congress than previous similar measures because it has been carefully drawn up to avoid certain snags in which they became entangled. As it now stands, it provides for the establishment of a Department of Education with a secretary in the President's cabinet. The present Bureau of Education is transferred *in toto* to the new department and will have enlarged opportunity for research in the many lines of educational effort regarding which we obviously need more specialized knowledge than individual states or private agencies can gather. The possibility of federal control of education within the states is avoided, unless disseminating information which may lead to the voluntary adoption of better practices is considered control. In this respect the new department will bear much the same relation to education in the United States that the Department of Agriculture bears to crop production; as, for example, when research in the Bureau of Plant Industry has led to improved methods of growing grain and fruit.

The Federal Board for Vocational Education is not abolished, as in a previous bill, but is maintained within the department, thus maintaining that direct contact between the vocational schools and trades, industry and agriculture which has from the first been considered one of its important functions.

A new feature likely to gain support from members of Congress and federal administrators is the provision for an interdepartmental conference or council to coördinate the educational interests of the various federal departments. Such a body has been in existence by executive order for two years and is generally recognized as the only successful, practical means yet found for combining coördination of effort with autonomy of administration. No one would suggest that the educational activities of the War Department, for example, should be conducted other than by its own officials specially trained and qualified to handle them, nor that the educational work of the U. S. Department of Agriculture should be carried out by others than those whom it employs because

of their special fitness and knowledge. It is, however, highly desirable that the educational programs of these and other federal departments should be consistent one with the other, and that the special resources of each department should be at the service of the others when needed, and this is what the proposed council is expected to accomplish. It must be clearly understood that it is a council of federal officials for a limited purpose and not a conference of outside agencies.

If the proposed department is worth forming, it is worth supporting. The proposed bill calls for an annual appropriation of $1,500,000, a sum which steers between inefficient niggardliness on the one hand and extravagance on the other.

Several important organizations are actively supporting the present bill which were not in favor of all the provisions of previous measures. Noteworthy among these are the American Council on Education and the National Society for Vocational Education. Equally significant is the fact that Senator Curtis of Kansas has agreed to introduce it in Congress, although he has not been in favor of the earlier bills. His reputation as a firm believer in educational progress and as a determined fighter make him an exceptionally able advocate, and the fact that he has changed from opponent to sponsor is likely to emphasize the difference between the earlier bills and this present one. As he said to the representatives of the endorsing organizations when they called upon him in October, there is still some opposition to overcome. It is up to the friends of the measure to inform themselves of its provisions, to be ready to answer criticisms, and to tell their representatives in Congress that they wish it passed.

The National Education Association, which has taken the lead in drafting the bill, will furnish copies and literature in support of it in answer to requests sent to 1201 16th Street, N. W., Washington, D. C.

Abstracts from Periodicals. The results of scientific research are so scattered through periodical literature and official bulletins that it takes much time and a well-equipped library to keep up with them. The teacher, extension or social worker, institution manager, business woman, or homemaker finds it almost impossible to stay in touch even with the more significant developments in her special field, and yet it is of first importance that the person who makes the application of science to practical life shall be well informed as to recent discoveries and interpretations. To help bridge this gap, to act as a sort of middleman be-

tween the producers of knowledge in the laboratories and the retailers in the classroom, the home bureau, and the family, private or institutional, the JOURNAL is trying to build up a regular service of abstracts from technical and professional periodicals. So far these have been largely from the field of nutrition, but textiles, clothing, education, and homemaking have occasionally been represented. During 1926 it is planned to systematize and enlarge this division of our Books and Periodicals section so that the phases of home economics in which active research is going on may be more regularly and adequately reviewed.

To prepare this material in the editorial office is obviously out of the question at present, and as the JOURNAL has no funds to pay for such abstracting, we can obtain it only through the generous cooperation of the friends of home economics. For our nutrition abstracts we have for a year been indebted to Sybil L. Smith, co-author with Sherman of an authoritative handbook on "The Vitamins," and editor on human nutrition for the *Experiment Station Record*. More recently we have arranged with the Textiles and Clothing Division of the Bureau of Home Economics for abstracts in its field; Miss O'Brien and the members of her staff review the literature for their own use, and turn over to the JOURNAL such annotations as are of special interest to its readers. Plans are making for similar arrangements with other subjects.

It takes courage to ask for such help, but the evident value of the service makes us bold. We have been so fortunate in the past that we have high hopes for the future. Meanwhile the task would be easier if readers would send in suggestions as to the types of articles they would like to see abstracted. For example, in the wealth of papers on food and nutrition, are there any general subjects which should have precedence?

Extension Literature. Some sort of review of extension literature seemed at first glimpse a relatively simple and desirable thing to arrange and was blithely discussed with Miss Ward, advisory editor for Extension. Unfortunately it was soon apparent that extension publications do not lend themselves easily to such a selective process. The Office of Cooperative Extension Work was sufficiently interested in the idea to draw up a list of state extension publications of the last twelve months which seemed likely to be of special interest to JOURNAL readers. In it appeared 69 titles under foods and nutrition, 64 under clothing, 20 under home equipment and furnishings, 10 under home management, and 4 under child care and training. Needless to say, they were largely local variations of a few themes, and the important phases of the subjects treated were of the kind already noted in the JOURNAL.

Russia as Seen by a Home Economist. Miss Kittredge, who gives her impressions of Russia on page 685, hardly needs an introduction to home economists. Besides being the author of well-known books on homemaking, especially as it is or should be practised in the crowded districts of large cities, she initiated the system of school lunches in the elementary schools of New York City and has been closely identified with the New York Association of Housekeeping Centres which she founded in 1901. She has had the satisfaction of watching her idea of model homes as part of domestic science equipment for schools grow until they are found in nearly one hundred New York schools. This experience, together with her broad sympathy and open mindedness, have qualified her as an exceptionally good observer of school and general living conditions.

Her journey to Russia was made in October and November, 1924, in company with Dr. Alice Hamilton, professor of industrial medicine at the Harvard Medical School, who had been invited by the Soviet Government to make a study of industrial diseases. Most of Miss Kittredge's time was spent in Moscow, but she travelled a thousand miles by rail across Russia from east to west, stopping at many towns and villages by the way. One wishes that more visitors to that little-understood country viewed it with her kindly curiosity and fair mindedness and wrote of it afterwards with as little taint of propaganda, pro or con.

A Text for Golden Rule Sunday. A few lines from "Renascence" by Edna St. Vincent Millay suggest the fate awaiting two types of home economists and other mortals:

> The world stands out on either side
> No wider than the heart is wide.
> Above the world is stretched the sky
> No higher than the soul is high.
> The heart can push the sea and land
> Farther away on either hand;
> The soul can split the sky in two
> And let the face of God shine through.
> But East and West will pinch the heart
> That cannot keep them pushed apart;
> And he whose soul is flat—the sky
> Will cave in on him by and by.

The horizons in home economics have been pushed farther and farther until now we perceive that East is West; and those whose souls are wide,

watch the signs that point in almost every land to real progress in the profession of homemaking.

"The Association pledges its sympathy and support, as far as possible, to the work of the Near East Relief." So runs a resolution adopted by the American Home Economics Association last August. Good home economists see clearly the significance of Golden Rule Sunday, celebrated this year on December 7, the day on which the relief agencies in the Near East join in asking the whole world to eat the same sort of a meal which they provide for their thousands of refuges. All sorts of interesting information and suggestions can be obtained from the headquarters of the Near East Relief, 151 Fifth Avenue, New York City, and charming examples of their native handicrafts made by the refugees can be purchased at any time from Near East Industries at the same address.

Miss Ethel Stilz has just gone to represent us at Constantinople Woman's College, that great point of vantage where she will have an opportunity to help, not only many individuals, but also national movements. She will perhaps meet those fine women, native and American, in the Near East Relief who are so splendidly helping the girls in orphanages not only to gain skill in the arts which their mothers knew, but also to preserve the traditions of a home life which these children never really knew. It is hoped that the little Homemaking Manual[1] which was prepared last spring to meet present conditions in the Near East, and which is now printed in modern Greek, may prove of enough help in the orphanages and other schools to be translated into other languages.

The letters and reports of the Near East Relief (see page 721) are full of interest to home economists with their accounts of all kinds of work from rug weaving to jam making which the girls of all ages are learning.

Think of more than fifty nations observing Golden Rule Sunday on December 6! Who has a better opportunity than the home economics teacher if her heart is wide, to interest American girls in Near East children? And shall we stop there? Just beyond the Near East is the Far East and before we know it, we have returned to California!

The JOURNAL is our best friend for the collection of the facts about foreign work such as we think of as home economics. And when we get them, let us disseminate them so that there may be no danger that the sky will cave in on us by and by!

EDA LORD DEMAREST,
Montclair, New Jersey.

[1] JOURNAL OF HOME ECONOMICS, April, 1925, p. 219, and May, 1925, p. 286.

Ellen H. Richards Day. The JOURNAL OF HOME ECONOMICS cannot let December 3 go by without paying tribute to the far-sighted woman who founded home economics as we understand it to-day. We rejoice that the Ellen H. Richards Fellowship is again serving to join her name with the research which she prized so highly, and that this year's holder, Lita Bane, is one who has not a little of Mrs. Richards' broad vision and large-heartedness. We also rejoice that the American Home Economics Association has taken up the work of completing the Ellen H. Richards Memorial Fund, and we hope that the message which Miss Winchell brings from the trustees (page 715), will inspire many younger home economists to join Mrs. Richards' personal friends in this suitable and productive memorial.

Officers and Committees, American Home Economics Association. A few additions and corrections should be made to the lists published at the end of the October JOURNAL.

The persons presenting the petition for a standing committee on student clubs were appointed such a committee. The names are: Clara Miller, Oregon State College, chairman; Gladys Prunty, Ella Fay McCue, Lois G. Jackman, Leonore Avery, Josephine Morris, Agnes Freyer, Edith Comstock.

Ella J. Rose, of the division of home economics, University of Minnesota, University Farm, St. Paul, Minnesota, has been appointed secretary of the Education Section in the place of Frances Kelley, who was elected at San Francisco but finds herself unable to serve.

The secretary of the Extension Section is Gladys Stillman, University of Wisconsin, Madison, instead of Mary Stillwell of Nevada.

Bess M. Rowe, chairman of the Home Economics in Business Section, should be addressed in care of The Farmer's Wife, St. Paul, Minnesota.

The permanent address of Mrs. Alice P. Norton, chairman of the International Committee, is 53 Crescent Street, Northampton, Massachusetts.

OPEN FORUM

In Honor of Ellen H. Richards. It was a lucky day for the American home when Ellen H. Richards turned her great womanly heart, her sane judgment, and her keen research ability upon the solution of some of its problems. A homemaker herself, Mrs. Richards grasped the significance of the need for intelligent simplification of homemaking processes; and her scientific and economic interest and technique rendered her peculiarly capable of serving the home through these fields of research with vision and accuracy.

Mrs. Richards the homemaker, scientist, and economist, therefore, will always be associated in our thoughts with the founding of the home economics movement in America. Since her death in 1911 her birthday, December 3, has been honored by many colleges, schools, and clubs. It may fittingly be termed Home Economics Day as well as Ellen H. Richards Day. It offers an appropriate opportunity for all men and women concerned with the improvement of the individual through better homes to pause long enough to "square" their plans, purposes, and activities with the ideals set forth by Mrs. Richards; and to check their points of view and methods of work with hers. Of few individuals concerned with social problems can it be said that they are sufficiently dynamic and forward-looking to serve as a "check" after their passing. Although social and economic changes have taken place, and the home must respond to these changes, nevertheless the writings of Mrs. Richards abound in prophetic statements which still justify their use as texts in progressive home economics education.

Mrs. Richards' research work contributed extensively to the promotion of sanitary science and vital economics in the home and the community. The scientific method in social and educational aspects of home economics was less well developed. Appreciation of the need in these fields, and the technique and facilities for pursuing such research are of more recent origin. The passage of the Purnell Act which proves federal aid for research in the land grant colleges is stimulating a demand for trained workers which exceeds the supply.

The time is ripe for the home economics world to insure an increasing number of women adequately prepared to continue the work so ably

begun by Mrs. Richards. Fortunately, in 1914, the American Home Economics Association established the Ellen H. Richards Memorial Fund to promote those interests and activities in which she was so vitally concerned. Its Council at that time set $25,000 as the ultimate goal. Among the first trustees of the fund are some of the many friends who say of Mrs. Richards that she inspired them to enter what has since become their life work. This first board consisted of Mrs. Mary Hinman Abel, Frederick B. Pratt, Robert H. Richards, Marion Talbot, Isabel Bevier, Mrs. Annie Dewey, C. F. Langworthy, Frances Stern, Benjamin R. Andrews, Charles W. Dabney, Edna Rich, James J. Walsh.

By resolution of the Council of the American Home Economics Association on October 24, 1914, it was decided that the Board of Trustees would serve in an advisory capacity in the expenditure of the income of the Fund, the money actually to be expended under the direction of the Association. The Fund at the present time amounts to about eight thousand dollars. During the World War the attempt to complete the Fund was interrupted. Since the close of the War, the Association has been concerned to secure the office of executive secretary. This has been achieved; and the time has come to renew our efforts to raise this Fund—the only source of financial aid within the power of the Association to grant to those whodesire to pursue graduate study in research.

At the meeting of the Association in San Francisco last summer, authority was given to the trustees of the Ellen H. Richards Fund to develop plans for reaching the original goal. It is the plan of the trustees to appoint a committee to formulate plans for raising this Fund during the coming year. To old friends of Mrs. Richards the privilege of subscribing will be one manifestaton of "keeping the faith." To those who were not so fortunate as to know her personally, she is known by her works and this will be an opportunity for them to demonstrate their appreciation of her contribution to home economics, and to become a friend and co-laborer.

Although the committee has not yet begun its work, the trustees would suggest the keeping of Ellen H. Richards Day, December 3, by home economics clubs in schools, colleges, women's clubs, and other organizations whose purpose is the improvement of homes.

In many communities will be found men and women who knew Mrs. Richards and will be able to tell, as only friends can, of her radiant personality, her great vision, and her superior ability to analyze a problem to work out its solution. For communities that cannot boast of such a friend, "The Life of Ellen H. Richards," written by Caroline L. Hunt,

and published by Whitcomb and Barrows, 1912, will stir the interest and enthusiasm so that the reader, laying down the book, will want to tell the story to the members of the home economics club or the home economics section of a woman's club.

A report of opportunities for the woman trained in research methods in home economics and its related fields may serve to stimulate the interest of someone interested in graduate study.

It is hoped that as a feature of this celebration of Mrs. Richards' birthday, the various groups will conceive of some plan for sending a contribution to the Fund.

It was with a sense of sincere appreciation that a letter was received not long ago from the chairman of the home economics section of the General Federation of Women's Clubs requesting information concerning the Fund and the use of the income. The trustees are encouraged to formulate plans which will provide opportunity for all home economics workers and friends to share in continuing the work so ably initiated by Mrs. Richards.

Let's carry on!

CORA M. WINCHELL, *Secretary-Treasurer,*
Ellen H. Richards Memorial Fund,
Teachers College, Columbia University.

The Place of Home Economics in the Curriculum.[1] Home economics is a fundamental subject. Probably it meets the needs of more young people in the high schools than any other subject except English. The state program of education aims to train every member of the community to serve himself and his community in the best way possible and to enjoy life while so serving. Such training must begin in the home, and therefore any influence which tends to elevate the home will at the same time promote this program of education for citizenship.

Three types of intelligence have been recognized: (1) the academic type which works best with symbols, and is concerned in the learning of such subjects as mathematics, science, languages; (2) the mechanical type which works best with tools, such as for example those used by the skilled housewife; and (3) the social type which works best with people.

Home economics makes its appeal to all three of these types now, although at one time it concerned itself chiefly with the second. The

[1] Summary of paper presented at the annual meeting of the American Home Economics Association, San Francisco, August, 1925.

introduction of this subject into the schools was difficult because in the beginning girls were not welcome in the schools, and a subject offered chiefly to girls was therefore viewed with distrust. In the last ten years the content of the home economics courses has been strengthened and enriched so that it now appeals to the girl of academic intelligence as well as to the others.

In California there are now enrolled in full-time vocational home economics courses about six hundred girls, in part-time vocational classes about thirteen thousand, and there are enrolled at some time in the general elective courses of the regular academic type ninety to one hundred per cent of all girls who graduate from the high schools. In addition there are part-time day and evening classes for mature women.

The material taught in all these classes is concerned with more than food and clothing manipulations. The new meaning of the home as the recreational and social center in which the leisure time of the family must be properly used gives to the development of home economics a new and inspiring direction.

Will C. Wood,
Superintendent of Public Instruction, California.

A Textile Laboratory from the Inside.[1] Why is there need for textile-testing laboratories? What does such a laboratory do? To answer these questions it is necessary to go back a little into history.

The textile industry is one of the oldest, but it has been one of the slowest to develop scientifically. Centuries ago, when each family produced and gathered its own fibers, did its own spinning and weaving, made its own clothing, fabrics were a matter of family pride; there was no reason for stinting, saving time, imitating, or deceiving. But as large communities developed and division of labor became necessary the factory supplanted the household in the production of fabrics and clothes. Many machines and new methods of manufacture were introduced, and from this time on the personal pride in the making of materials was largely replaced by the interest in speed and cost of production.

Then followed a long period of little progress. There was no incentive to resort to research or to use scientific methods, for natural fibers were plentiful and comparatively cheap, dyes were abundant, skilled labor was easily obtained, and labor costs were low.

[1] Presented at the annual meeting of the American Home Economics Association, San Francisco, August, 1925.

During the past few years all these conditions have changed. The demand for fabrics has enormously increased while the supplies of natural fibers, particularly during and since the war, have decreased. Also, at the beginning of the war we suddenly found ourselves without dyes, skilled labor became scarce, labor costs high, and all these factors greatly increased the cost of manufacture and the cost of merchandise to the consumer. To meet these changed conditions and still attempt to supply the public demand for low-priced goods, and to meet the keen competition in the markets as well, the strictest economy and efficiency in manufacture became essential. Economy and efficiency spell science. At last scientific methods became of paramount importance in the textile field, so the chemist and the physicist stepped in.

What are the results, so far, from scientific efforts? More fibers of better quality are being produced. New natural fibers are being studied to determine their manufacturing value. A chemically manufactured fiber, artificial silk, has reached a phenomenal commercial success, the amount of artificial silk manufactured last year having been greater than that of raw silk produced. More clever machines for utilizing all grades of fibers and waste and for simplifying tedious processes have been invented and put into the mills. Better chemical methods for bleaching, dyeing, and finishing fabrics, and for recovering used wool have been devised. Then, too, a well-organized American dye industry has been developed. Whereas we had no dye industry previous to the war, we are now making the best and fastest colors. American dyes are in no way inferior to foreign dyes, as this season's multicolored fabrics testify.

Other far-reaching results of scientific effort are the tremendous speeding up of industries and the consequent keen market competition. This has again been met by the scientist's ability to imitate a good product with a cheaper one. He mixes and finishes fibers so cleverly that you cannot always tell by appearance whether you are buying floor sweepings or good fibers; linen or mercerized cotton; ten per cent or fifty per cent wool; rabbit fur, muskrat, or seal; a fabric of good or poor wearing quality. He is making the formerly rare, beautiful things so common that we almost scorn them. He is also making us slaves to things.

The present keen business competition together with these clever manufacturing methods are making it difficult for manufacturers to compete in the markets and for the retailer to know the true character and value of the goods he is buying and selling. The only way he can know is by testing. Whence the need for the textile laboratory.

There are two types of textile laboratories, the mill or factory laboratory, and the commercial or retail merchant's laboratory.

The mill laboratory determines and controls the quality of raw fibers and chemicals used in the weaving, bleaching, dyeing, and finishing processes; it improves and finds cheaper and shorter methods of manufacture; it tests the quality of the finished product.

The retailer's laboratory is maintained for quite other purposes. The retailer purchases all kinds and qualities of goods from many sources and through varying channels, and he must obtain the best values for his money. Under present-day conditions he cannot entirely depend upon sight and feel to judge his goods, but he can rely upon laboratory tests.

The retailer's laboratory checks manufacturers' claims for the construction or composition of their products, for their efficiency and uses. The average manufacturer is honest in his claims, but he frequently exaggerates; his goods often pass through so many hands before reaching the retailer that his original claims are lost sight of or distorted.

The laboratory aids the buyers by making analytical comparisons of similar merchandise from different manufacturers in order to determine the best product to buy from the standpoint of quality, for price is not necessarily a true basis for accurate quality comparisons. The laboratory compares the quality of the delivered goods with the quality of the original samples from which the goods were ordered. Its analysis of fabrics furnishes a basis for correct catalogue or advertising descriptions and for guarantees. To solve the many problems, the textile chemist uses a great variety of microscopical, physical and chemical tests. The microscope and photomicrographs enable him to distinguish the characteristic structures of animal and vegetable fibers. Clever machines determine the tearing, bursting, and breaking strengths of fabrics, the twist of their yarns, their wearing quality and fastness to light; these tests involve the consideration and accurate measurement of many physical factors, such as time, temperature, humidity, tension, pressure, speed, and elasticity. Chemical analysis determines the composition of fabrics, the chemicals used for finishing, sizing, and weighting, the fastness of dyes and manner of cleaning fabrics.

Interest in textile research and standardization is developing rapidly, and many manufacturing, retail, and educational associations are working for better methods of manufacture and honest merchandising.

ELIZABETH WEIRICK,
Sears, Roebuck and Company, Chicago.

The Near East Adopts Home Economics. The reports and letters of Near East Relief workers are full of really thrilling examples of the part played by what we call home economics in the stupendous task of rescue and education among the almost countless masses of homeless orphans. To bring home to JOURNAL readers the close connection between Golden Rule Sunday and the home economics cause, we cannot do better than to print a few excerpts.

High up on one of the Lebanon hills looking out over the blue Mediterranean is a group of Syrian and Armenian orphan girls busy at the housewife's favorite task of making jam and marmalade. They are experts at the job. Sidon Hilltop orphanage, maintained by the Near East Relief, has made a name for itself as a factory of the most delicious conserves and they feel in honor bound to maintain its prestige. Their fingers fly so fast at peeling and cutting that it has not been thought necessary to install machinery to do that part of the work although orange marmalade is turned out by the ton and other products by the hundredweight. . . . .

The recipe used is Finnish, and the kitchen is constantly trying new recipes sent from every part of the world by visitors to the orphanage.

Apricot jam is another favorite. Native damsons and small green plums are snappy both preserved and as jam; cherries and quinces alone and in combination with other fruits, peaches sweet, pickled, and spiced, lemon marmalade to which a savory tang is given by the skin, seasoned watermelon rind for serving with meat courses, piccalilli, pickled walnuts, and spiced tomatoes make up the list turned out by the skillful hands of these young girls. Their simple equipment consists of three large kettles about 30 inches in diameter and 20 inches deep, each set over a charcoal fire. Sugar is imported from Bulgaria and glass jars—the delight of local buyers—from America.

The skill of these little girls in making so well such a variety of preserves means much more than the earning of an addition to the orphanage funds. . . . . They know very well, however, that when they are sixteen they must earn their own living. Every one of them is learning to be a capable housewife competent to take any sort of household position. When to their general knowledge is added the specialized knowledge of what may be done with the local fruits, these youngsters have an assured means of self-support.

At the Ghazir orphanage, perched on a lofty hill to the north of Beirut, the older girls are carrying on a rug industry of some extent and importance. Crafts run in families in the Near East and most of these girls come from a line of weavers. They take pride in preserving the ancient patterns.

Economically, they are trying out a living scheme that seems to be working well. The 125 girls have an eight hour day for which they are paid $2\frac{1}{2}$ cents per thousand knots. They tie 10,000 knots a day. Out of this wage they

turn over $3 a month to a housekeeper who charges them pro rata for rent, food, and all other housekeeping expenses. So good a financier is she that their living costs them only from $2 to $2.36 per month.

The cow has been removed from the living-room in Armenia. At least in those model cottages where the older Near East Relief orphan girls are putting into actual use what they have learned about hygiene and sanitation and wholesome cooking and careful baby-tending. It seems a bit unfriendly to turn poor Bossy into her own stable without human companionship, and certainly it deprives the house of its chief heating apparatus. Still, the orphanage girls have become thoroughly converted to these strange American ideas. They see what practising them has done for the wretched, bedraggled children who entered the orphanages, ill and ignorant, and they are eager to hand on their knowledge to the village women.

At the American University in Beirut is a group of Near East Relief ex-orphan boys who are working their way through and who are carrying on a cooperative housekeeping arrangement of their own. A report says:

Two Armenian boys in the Sophomore class of the School of Arts and Science have been managing an Armenian Students Cooperative Club this year. They borrowed from me money enough to pay in advance the rent on a four-room house. They hired a woman and daughter to live there and cook, wash dishes, sew, and be a general 'Mairik' for them. One of the boys receives half his expenses for his services in acting as buyer for the Club. From various corners they collected boxes, a table, lamps, etc., and have thus provided a rough and ready equipment for the Club. They have been making a practice of inviting different teachers and friends once in so often to eat a simple meal with them. Usually after supper with guests, or on Sundays, they get out flutes and violins and have a fine time singing hymns, songs, and playing other varieties of music. Each month they make a payment to me on the rent, so that by the end of the year it will be paid up. At a time when board in the restaurant costs ten to twelve Syrian pounds per person per month, it has cost them about five pounds each. The total for room, board, and laundry amounts to around seven to eight Syrian pounds a month. In my five years here I have seen no more significant development in student life than the attainment of these eight boys in governing and managing themselves. This is familiar to American students, but it is an entirely new story out here.

BOOKS AND PERIODICALS

Food Buying and Our Markets. By DAY MONROE and LENORE MONROE STRATTON. Boston: M. Barrows & Co., 1925, pp. 321. $2.75.

This book divides into two parts, for, as the authors state, it aims to give housekeepers a more thorough understanding of our marketing machinery and to provide a short cut to knowledge regarding wise buying of food. Chapters 1 to 15 give background principles and information; chapters 16 to 27 give specific instructions on how to buy. For a textbook, these two parts are probably equally valuable and probably belong together, but there is danger that the more isolated practical reader, the housekeeper, will concentrate on the last half in her effort to learn exactly how to do. This would be more than unfortunate for the need of the knowledge and understanding that the first half can convey is urgent and widespread. She who would have instructions without reasons and understanding will not aid much in improving the conditions under which she lives, buys, and feeds her family.

Housekeepers may be tempted to devote their attention to the last half but it is the first half that will be welcomed by every liberal-minded, practical economist and student of current questions who is fortunate enough to read it. For here is the piece of work that has long been needed—a statement of the principles that underlie present-day marketing and a description and analysis of our marketing machinery as it exists, with the reasons and the results, actually written from the buying consumer's viewpoint.

This interpretation and viewpoint constitute the authors' very definite contribution to the subject. There may not be much in the text of this half of the book that is really new, save the pointed and instructive results of investigations conducted by the senior author when teaching food marketing at Teachers College, but the method of approach and statement is new and that is what we have needed. To think these things through from the consumer's standpoint when nearly every adequate study regarding them has been conducted from the other viewpoint is no small task, as previous attempts to interpret adequately mere phases of these subjects for the buying consumer have clearly indicated.

The sane, thoroughly-informed reasoning of this book places many groups in debt to the authors. Their statement of the farmers' case both in regard to conditions of farming and the adequacy of the marketing machinery is exceedingly fair. Their penetrating comments on the evils of overproduction and the need for adjustment of production to demand are doubly valuable for occurring in a consumer text. Their unbiased judgment that the marketing machinery is meeting the needs of the consumer rather more adequately than it is meeting the needs of the farmer will do more good here than in an agricultural book. The middleman and the cold storage operator receive the same fair-minded consideration.

Straight thinking persists through to detailed phases of the subject. This accurate distinction between grading and standardization is often lacking in other texts. The distinction between grading and branding is equally fortunate. The fact that grade is not a matter of nutrition is one that many growers of good "seconds" should feel grateful for having emphasized as should housekeepers who want the best practical returns for a certain outlay of money. The distinction between telephoning orders for graded or branded staples and orders for perishables is one of many examples that might be cited as

correctives to the usual shibboleths that pass current for wisdom in marketing matters.

Federal aids to marketing are woven into the very fabric of the book as they should be, for in most of the industries this aid has now become an inherent part of the machinery. Yet for those who may miss this element that permeates the whole, there is a quick and appreciative survey of what the Federal government has done to aid farms and markets, with a farsighted reference to the advantages in "our present governmental attitude of aiding through laws, regulations, education, and research."

Bibliographies at the end of each chapter outline extensive further reading and the references are drawn from wide sources—scientific, legal, and popular. The Questions for Investigation and Study, following each chapter, are so drafted that they could turn any reader's home and community into a valuable laboratory and demonstration field. The volume is well indexed except that the authorities quoted in the text are not entered.

The academic viewpoint is here, and so is the practical, and the result is a happy one both for the student and for the general reader. The style is brisk, concise, and to the point. Not a page drags.

Since reprints and revisions may be rather confidently predicted for the book, a few points for further consideration may be in order. The case against the farmers' market (p. 24) is dismissed with rather surprising brevity. Investigators who have devoted much time, thought, and study to the subject feel that many more considerations must enter before decision for or against can be reached, and the factors to be considered usually differ in each specific case. At least an entry in the following bibliography of one of the publications built on the results of these investigations might be wise. An item in the bibliography following the discussion of pure food laws apparently belongs in either the previous or the following reading list. The forms of the side headings are a little troublesome. It is a bit disconcerting, on the first page, to find one that is topical and one that is a sentence necessary in the structure of the paragraph, and the same variation occurs throughout the volume. The academic reader who disregards headlines can never know when to disregard these, while the devotee of modern makeup is frequently brought up with a jerk when she attempts to read by means of the headlines. Their frequency, however, will facilitate teaching and use for quick reference and the book seems unusually free from typographical errors.

For both rhetorical and practical effectiveness one might wish that the chapter "Improvements in Marketing" that concludes the first half of the volume might somehow be the summarizing chapter of the book. Probably no more worthy lesson is to be found in the whole text than the authors' conclusion here given: "To solve the problem we must know more about marketing, more about actual costs before we generalize on possible economies; more about methods now in use and exactly how they function before we sweepingly eliminate them in words. There is need for widespread education among consumers, farmers, and the market men themselves. . . . . Probably the greatest need of all is for an understanding on the part of the housewife as to what services she is receiving and a realization that these are costly." This is the book that we have been waiting for to take an active direct part in bringing about that understanding and that realization.

CAROLINE B. SHERMAN,
U. S. Department of Agriculture.

The Newer Knowledge of Nutrition. By E. V. MCCOLLUM and NINA SIMMONDS. Third Edition. New York: The Macmillan Company, 1925, pp. 675. $4.25.

That knowledge in the field of nutrition is making rapid strides is emphasized when the third and revised edition of this most interesting book appears three years after the second edition. In general the same subjects have been treated; the first three chapters give a brief review of some of the general aspects of nutritional investiga-

tions and their interpretations to about 1918; chapters five to eight trace the progress in our knowledge of proteins; the next two deal with dietary properties of individual foodstuffs and with a vegetarian diet. Dietary deficiency diseases, animal experimentation for vitamin research and for mineral metabolism, especially that of calcium, are discussed with an authoritativeness of investigators constantly at work in these fields. Separate chapters have been added dealing with iodin deficiency and goiter and with the relation of diet to resistance to disease as shown by the results of animal experiments and by the condition of peoples who have been on restricted diets for years. The chapter on the dietary habits of man in different parts of the world and their relation to physical well-being has been enlarged and will be found intensely interesting by general readers as well as nutritionists.

This book is written for the student of nutrition, much of the subject matter being treated from an historical standpoint with references to the literature. An excellent bibliography is appended. The authors give as their objective the writing of "a comprehensive treatise on nutrition." Naturally because of their own special interests some phases are discussed in detail while others of perhaps equal significance, but possibly less striking, are scarcely more than mentioned. For instance, in bringing out the requirements of an adequate diet, the subject matter on proteins, vitamins, and minerals has been revised up to the date of publication, but carbohydrates, fat, and energy metabolism in general are treated as problems of the past. However, limited to a book of convenient size a choice of material was necessary. In its third edition, "The Newer Knowledge of Nutrition" establishes itself even more firmly as one of the few outstanding texts on the science of nutrition.

LAURA MCLAUGHLIN,
U. S. Department of Agriculture.

BOOKS RECEIVED

An Educational Ambassador to the Near East. The Story of Mary Mills Patrick and an American College in the Orient. By HESTER DONALDSON JENKINS. New York: Fleming H. Revell Co., 1925, pp. 314. $2.50.

A biography of Mary Mills Patrick which is at the same time a history of Constantinople College, the institution which she founded and of which she was president from 1876 to 1924; written by a friend of Dr. Patrick, herself formerly a member of the faculty of the College, and exceptionally familiar with conditions in the Near East; gives a vivid picture of the College, the many different types among its students, and the part it and they have played in the social and educational development of women in the Near East. Of especial interest and timeliness for home economics clubs and others interested in Constantinople College and the home economics work aided by the American Home Economics Association.

Foundations of Method. By WILLIAM HEARD KILPATRICK. New York: The Macmillan Co., 1925, pp. 383. $2.00.

A discussion, in informal dialogue form, of the principles upon which method in general may be founded; gives special attention to attitudes and habits, learning results held to have been too much overlooked; based on a course offered for a number of years at Teachers College, Columbia University, and including chapters previously published in the *Journal of Educational Research.*

American Arts College. By FREDERICK J. KELLY. New York: The Macmillan Co., 1925, pp. 198. $2.00.

The report of a limited survey made with the aid of a subvention from the Commonwealth Fund under the direction of a subcommittee of its educational research committee; concentrates attention upon the curricula, methods of teaching, and extra.

curricular activities of students in a dozen selected colleges, including state, city, and privately endowed institutions; summarizes the facts gathered under the general heads of college aims, courses, and curricula, educational guidance of students, methods of teaching, measuring achievements of students, extra-curricular life, and needed research; makes no pretence at conclusive results, but contributes significant facts on the place and purpose of the liberal arts college in our educational scheme.

Essentials of Healthful Living. By Wm. S. Sadler. New York: The Macmillan Co., 1925, pp. 481. $3.50.

A volume by a progressive Chicago physician well-known as a writer on medical subjects for laymen; brings together in readable and sometimes picturesque language such facts from present-day knowledge of physiology, psychology, and medicine as the writer thinks an ordinary person should have for the intelligent practice of hygiene; sufficiently long to allow discussion of obscure or controversial points; convenient for reference.

The Culture of the Abdomen. The cure of obesity and constipation. By F. A. Hornibrook. Preface by Sir William Arbuthnot Lane. Second edition. New York: William Wood and Co., 1925, pp. 63. $2.25.

Sex and Exercise. A study of the sex function in women and its relation to exercise. By Ettie A. Rout (Mrs. F. A. Hornibrook). Foreword A. C. Haddon. New York: William Wood and Co., 1925, pp. 97. $2.25.

Companion volumes based on the idea that disuse of the abdominal muscles, particularly those of the pelvic floor, is often an important factor in constipation, certain types of abdominal obesity, and other prevalent disorders of sedentary life. The first book, by a professional athlete and masseur, describes a system of simple abdominal exercises worked out largely from observation of Polynesian and other primitive dancers, and found by the author to be corrective of the ailments mentioned. The second book applies the theory more specifically to the physiological functions of women and suggests adaptation of the exercises for their use. Both volumes are well printed and illustrated.

The Pre-School Age. A mother's guide to a child's occupation. By Minnie Watson Kamm. Boston: Little Brown & Co., 1925, pp. 216. $1.50 net.

A discussion of the toys and games best suited to very young children; bases the selection of types considered especially desirable at different ages on earlier work rather than on such recent studies of child development as those of Gesell or Baldwin; gives a selected bibliography of literature on Froebel, Montessori, and general child study; illustrated by interesting pictures of rattles, dolls, toy animals, and other playthings from ancient Troy, Egypt, Pompeii, and American Indian remains.

Birth Control: Facts and Responsibilities. Edited by Adolf Meyer. Baltimore: The Williams & Wilkins Company, 1925, pp. 157. $3.00.

A symposium of opinions on various aspects of the subject as presented at the Baltimore and Chicago Conferences on Birth Control, 1923, with an introduction by the editor, director of the psychiatric clinic at Johns Hopkins Hospital. Except for a 40-page article by Margaret Sanger on "The need of birth control in America" the twelve papers are brief, informal discussions by authorities on special phases of the subject: the economic problems arising from growth of world population by Raymond Pearl, E. A. Ross, and E. M. East; religious aspects by Rabbi C. A. Rubenstein; questions of public health and social welfare by Herbert Adolphus Miller, Ross McC. Chapman, and Reynold A. Spaeth; biological problems by C. C. Little and L. J. Cole; and the social worker's viewpoint by Eleanor Rowland Wembridge. A sane and interesting volume. (N.B. The point of view of the American Medical Association is shown in the article by Dickin-

son and Pierson in the *Journal of the American Medical Association* for October 10,1925 and its accompanying references and discussion.—EDITOR.)

Lysistrata or Woman's Future and Future Woman. By ANTHONY M. LUDOVICI. New York: E. P. Dutton & Co., 1925, pp. 110. $1.00.

Hypatia or Woman and Knowledge. By DORA RUSSELL (MRS. BERTRAND RUSSELL). New York: E. P. Dutton & Co., 1925, pp. 81. $1.00.

Companion volumes in a popular series, representing two sides of the question of feminism. "Lysistrata" (a name borrowed from Aristophanes) takes the attitude that woman, while competent to carry on the careers to which she has so far been attracted, finds her fullest satisfaction not in activities like those of man but under circumstances which allow for the complete exercise of the functions of her sex, a theory more effectively presented in the author's earlier and longer book, "Woman: A Vindication." "Hypatia" insists with much verve on the injustice of the traditional attitude of men to women and maintains that the freedom demanded and obtained by modern feminists in social and sexual relations makes happier women and better mothers. Two stimulating and often amusing discussions, which, however, like nearly all on similar themes, seem often to be carried by personal bias beyond the real evidence presented.

Practical Book of Home Repairs. By CHELSEA FRASER. New York: Thomas Y. Crowell Co., 1925, pp. 378. $2.50 net.

A convenient reference book by a well-known instructor in manual training, who believes that the most useful manual training in the ordinary school is "a program of simplified varied mechanical practices such as one meets up with in the maintenance of the average household," and who hopes that by "popularizing industry in the home by Dad, Mother, Johnnie, and Sister Sue" the book may aid manual training in the grades to find its true office; gives sensible directions for all kinds of household repairs, from plumbing to upholstery, wall-papering, and concrete work.

Homemakers' Questions and Answers. By HENRIETTA C. PEABODY. Revised edition. Boston: The Atlantic Monthly Press, 1921, pp. 162. $1.00.

A handbook first published in 1918 in which the editor of the Readers' Service of the *House Beautiful Magazine* brings together answers to some of the questions most frequently asked by laymen about building, remodelling, decorating, and furnishing houses, and developing their grounds and gardens; arranged in question and answer form with topics grouped under general heads, and well-indexed; represents the point of view of the family of comfortable means and cultivated taste.

Hooked Rugs and How to Make Them. By ANNA M. LAISE PHILLIPS. New York: The Macmillan Co., 1925, pp. 154. $2.00.

Apparently the first book devoted to a recently-revived and popular craft; by the enthusiastic owner of a well-known collection. Traces the antecedents, probable origins, and production of early American specimens, with the later development of the craft and the significance of different designs; discusses the place of such rugs and their care under present conditions; describes the materials and processes used in making them for home use or for sale, including different methods of hooking and shapes of rugs, and gives brief chapters on braided, woven, knitted, and corcheted rag rugs. Illustrated from photographs of characteristic specimens.

The American Renaissance. By THEODORE M. DILLAWAY and SHERRILL WHITON. (Includes a Manual for Teachers and a separate portfolio of plates.) New York: Brown-Robertson Co., Inc., 1925, pp. 155; 13 plates and chart. $2.00 complete. $1.00, manual only. Special prices on extra plates ordered in quantity.

Material for a course in art appreciation for high schools and colleges based on Ameri-

can arts and crafts from 1607 to 1814. The plates include 115 excellent black-and-white reproductions from photographs of authentic houses, interiors, furniture, decorations, textiles, and other furnishings, and contemporary portraits; grouped on large sheets for convenience in cutting up for note-book work. The well-printed Manual gives a summary of the general subject and more detailed discussion of special features brought out by the various pictures. Helpful in the study of manners and customs as well as of art and craftsmanship. Extra copies of any or all plates may be purchased for class use.

Design Plates. By SARA E. COHOON. Milwaukee, Wisconsin: Bruce Publishing Company, 1925, 12 plates in paper envelope, $0.35.

A collection of black-and-white printed designs intended to furnish reference material definite enough for use by large classes in decorative design. Two plates of naturalistic floral designs are followed by four showing their modifications in conventionalization; one plate each is devoted to designing triangular, rectangular, square, and circular units; and two indicate the development of units into surface, border, and corner designs.

The Tragedy of Waste. By STUART CHASE. New York: The Macmillan Co., 1925, pp. 296. $2.50.

Country Life in South China: the Sociology of Familism. Vol. I: Phenix Village, Kwantung, China. By DANIEL HARRISON KULP II. New York: Teachers College, Columbia University, 1925, pp. 367. $3.50.

Art in Home Economics: A Bibliography. By MARION E. CLARK and others. University of Chicago Home Economics Series, Katharine Blunt, Editor. Chicago: University of Chicago Press, 1925, pp. 66. $1.00, postage extra.

Art in Every Day Life. By HARRIET AND VETTA GOLDSTEIN. New York: The Macmillan Co., 1925, pp. 465. $3.50.

ABSTRACTS FROM PERIODICALS

TEXTILES

Contributed by the division of Textiles and Clothing, Bureau of Home Economics, United States Department of Agriculture

Hibbert, H. Structure of cellulose. *Amer. Dyestuff Reporter.* 1925, **14**: 41.

General discussion of recent work on the structure of cellulose and its bearing on the manufacture, composition, and properties of various types of artificial silk.

Clements, E. S.; Firsching, J. A.; Hamlin, C. H. Properties of artificial silk. *Textile World,* 1925, **67**: 2979–2980. Abs. in *J. Text. Inst.*, 1925, **16**: A221.

Based on U. S. Bureau of Standards Report; discusses manufacture of each of four standard types of artificial silk and means of identification, appearance under the microscope, twist, hygroscopicity, breaking load, and methods of determining denier size.

Shearer, A. B. Viscose manufacture. 1925. *Text. Merc.*, 1925, **72**: 344.

A review of the manufacture, characteristics, and uses of viscose silk.

Unique properties of ramie. *Text. Rec.*, 1925, **43**: 87. Abs. in *J. Text. Inst.*, 1925, **16**: A218.

Ramie, obtained from a non-stinging thistle-like perennial, is suitable for the manufacture of hygienic hosiery and for

blending with medium-quality linen in piece goods. It offers great resistance to heat, imparts non-shrinking properties to woolen goods, and has good wearing and washing qualities.

The "Khua-piat": a textile plant of Laos (Indo-China). *Bull. Econ.*, 1922, **25**: 472. Abs. in *J. Text. Inst.*, 1925, **16**: A218.

A general article describing the fiber and its preparation. It is described as more difficult to prepare than ramie but is preferred to this by natives because it offers great resistance to rotting, fishing nets of khua-piat fiber being said to last three times as long as those of ramie.

Trotman. Unshrinkable wool and woolen material. Abs. in *J. Text. Inst.*, 1925, **16**: A207.

Discusses U. S. Patent 1,522,555, a 30–45 minutes treatment of hypochlorous acid containing approximately 0.5 per cent of available chlorine per weight of wool.

Adderley, Albert, and Oxley A. E. The lustre of yarns, and fabrics. *J. Text. Inst.*, 1925, **16**: T167.

Discusses the regularity of differently mercerized doubled yarns, an improved photometric method of measuring their lustre, and applications of the photometric method to fabrics; shows a large series of curves.

Woodhouse, T., and Dalgity, G. Tensile strength of textile fabrics; the apparent and actual. *Text. Mfr.* 1925, **51**: 122. Abs. in *J. Text. Inst.*, 1925, **16**: A211.

A review of the causes of irregularity in cloth-breaking tensions of different test pieces.

Sodium silicate as a detergent. 1924. *Rev. Chim. Ind.*, 1924, 266. Abs. in *J. Text. Inst.*, 1925, **16**: A203.

In washing with ordinary sodium silicate the bleaching effect is due to calcium and magnesium silicates which result in hard surface after drying. One per cent alkaline silicate is highly injurious, and 0.1 to 0.04 per cent quite sufficient. The author recommends crystalline mono-silicate which at one per cent concentration is not harmful even at the boiling point and leaves the goods soft and lustrous.

Chapin, R. M. Soaps: Tests for comparing detergent efficiencies of. 1925. *J. Ind. Eng. Chem.*, 1925, **17**: 461.

A test for the relative deflocculating or detergent efficiencies of soaps is based upon the observation that when dilute soap solutions are shaken with powdered flake graphite in presence of air the appearance of a white band at the lower boundary of the froth indicates the presence of an excess of soap. The graphite is standardized against an ammonium palmitate solution containing sufficient excess of ammonia to insure maximum detergent power. A table showing the results of typical analysis is given.

Massey, R. E. History of cotton. 1923. Reprint from *Sudan Notes and Records*, 1923, **6**: 231. Abs. in *J. Text. Inst.*, 1925, **16**: A190.

Short note on early history of cotton in Egypt and the Sudan. The earliest literary reference to cotton for textiles is said to be that given by Herodotus, about 450 B.C., and the first good description of plant that given by Theophrastus a century and a half later.

Burroughs, G. C. Man's greatest invention, clothing. *The Clothing Trade Jour.*, 1925, **25**: 290.

One of a series of articles dealing with costume design; discusses the Hanoverian period; well illustrated.

U. S. Tariff Commission. Tariff information surveys on the articles in paragraph 1213 of the Tariff Act of 1922 and related articles in other paragraphs. Artificial silk. Washington, Govt. Print. Off., 1925. 15¢.

Contains a general description of artificial silk, a discussion of its nomenclature, uses, properties, and the present status of the industry, also lists of the artificial silk producers of the world and tables showing world production for the last few years. Other related cellulose products are included.

NOTES AND CLIPPINGS

Humidity Control in Residences. Philip Drinker of the Harvard School of Public Health, in an article in the *American Journal of Public Health* for August, cites interesting data on the air of private houses, including figures for absorption by different materials, and gives illustrations of two types of humidifiers worked by electricity.

Hot Air Comfort. The development of our house-heating methods, their advantages and disadvantages, are discussed from the point of view of practical hygiene by Dr. Thomas Hubbard of Toledo in the *Journal of the American Medical Association* for October 3, 1925.

Stockings. Six pairs of stockings a year for every person in the United States is the number manufactured here according to statistics quoted in the *Science News Letter*. Of the fifty-six million pairs turned out in June, 1925, not quite 30 per cent were silk, and a little over 40 per cent were cotton.

In the Days of Multicaulis. Picturesque facts and a sketch of an old hand-throwing machine from the days of the famous silk boom of eighty-odd years ago have been brought together from a collection of old pamphlets belonging to the Silk Association of America and appear in *The Silkworm* for September.

Laces and Textiles. Illustrated notes on old French laces and on medieval textiles appeared in the September *Bulletin* of the Metropolitan Museum of Art (New York), those on textiles including an interesting discussion of the origin of their designs and the predominance of Chinese influence.

Reclamation of Gasoline in Dry Cleaning. The processes most in use by the industry are discussed in U. S. Bureau of Standards Technologic Paper No. 280, by C. C. Hubbard, and a rapid and economical one is recommended and described in detail. The paper may be purchased from the Superintendent of Documents, Government Printing Office, Washington, D. C., for 5 cents a copy.

New York Health Movies. Five short health films are loaned without charge in New York State by the State Department of Health. They are said to be suitable for general use and might be included in local theatre programs.

Sociology Reading List. The American Library Association has announced the publication of the eighth list in its series, "Reading with a Purpose." It is "Sociology and Social Problems," by Howard W. Odum, University of North Carolina, and includes brief popular notations of the subject and recommends seven non-technical books said to make a "balanced ration." Copies may be purchased for 50 cents each in cloth or 35 cents in paper from the Association, 86 East Randolph Street, Chicago, Illinois.

Nursery School in an Infant Asylum. St. Ann's Infant Asylum in Cleveland has worked out methods by which the usual dangers of institutional life for little children are said to be greatly lessened. An article in the *Survey* for September 15 tells how the little babies receive individual care such as would be given in a hospital, and how a nursery school provides the runabouts with an opportunity for normal contacts with other children.

Maternity and Infant Welfare. The results of the administration of the Sheppard-Towner Act from November 1921, to July, 1924, are summarized in Children's Bureau Publication No. 146. The effect is said to have been to enlarge and improve the work of state, local, and private agencies, to increase public demand for skilled supervision of mothers during pregnancy and during and following confinement and for educating mothers in infant care, and to

stimulate the medical and nursing professions in meeting these demands. Copies may be obtained on application to the Children's Bureau, United States Department of Labor, Washington, D. C.

Popularizing Proper Nutrition in Czecho-Slovakia. According to the correspondent of the *Journal of the American Medical Association*, a new monthly in Prague, *Nutrition* is devoted to popularizing the economic and hygienic aspects of nutrition, and is part of a concerted movement toward the scientific management of national nutrition, a movement inaugurated by the gift made to the nation by President Masaryck for an institute of food research. The new journal is edited by Dr. Charles Driml, a Johns Hopkins student who has developed the bureau for popular health education in Prague.

Home Baking. This is the title of Farmers Bulletin No. 1450, by Charlotte Chatfield of the Bureau of Home Economics, U. S. Department of Agriculture, which supersedes Farmers Bulletin 1136, Baking in the Home. The 14-page pamphlet discusses different flours, meals, and other baking materials, measurements, yeast breads, quick breads, cakes, cookies, and pastry, and gives 28 recipes and tables of proportions of ingredients for various types of quick breads, cakes, and cookies. The bulletin is distributed free on request to the U. S. Department of Agriculture.

Training of Parents. The October issue of *Child Study* includes an article on "The Training of Parents" by Helen A. Story in which are listed college, universities, special institutions, and public school systems giving instructions for parenthood.

Music and Youth. The first issue of this monthly magazine, pioneer in the field of musical appreciation for children, appeared in October. Its first two numbers told about such things as the make-up of the orchestra, the history of the violin, how to write down a "musical story" of one's making, lives of famous musicians, the hymns of the Pilgrim fathers, the nature of sound—all in simple language with clear illustrations. There are also special pages for those who sing or play the piano or violin. The publishers are Evans Brothers, 33 Newbury Street, Boston.

The Nation's Health. With the August issue Dr. C.-E. A. Winslow of Yale retired as active editor, and was succeeded by Dr. Frank L. Rector, well-known in the field of industrial hygiene. Mrs. Susa P. Moore remains a managing editor. There is a consultant editorial broard, of which Dr. Winslow is an active member.

The Woman Citizen. Beginning with the issue of October 3, this magazine became a monthly instead of an every-other-weekly, with increased size and enlarged scope.

Women in German Universities. According to the Berlin correspondent of the *Journal of the American Medical Association*, of the total 68,827 students enrolled in German universities, 7,474 are women; in the technical schools they make up 400 out of a total of 23,057.

Cleanliness in Upholstery. The comparative amounts of dirt removed by vacuum cleaners from different upholstery materials in closed automobiles is shown in an article by Dr. Allen Rogers of Pratt Institute in *The Nation's Health* for July. Leather and imitation leathers proved less permeable by dirt than any other fabrics tested, and large amounts of dirt were removed from ordinary woven fabrics. Frequent vacuum cleaning of such uphostery is recommended for sanitary reasons as well as appearance and thrift.

History of Color Terms. The history, nature, uses, and color names of the hue purple are given in the September number of *Color News*, a quarterly publication of the Munsell Research Laboratory, 10 East Franklin Street, Baltimore. Other hues will be taken up in later issues.

Waiters, Wages and Tips. The wage scales adopted by a waiters' union in San Francisco are given in the *Monthly Labor Review* for September and indicate a difference of about 30 per cent, or roughly 25 cents an hour, in the rates for men employed in restaurants where tips are customary and similar ones in which they are not given.

Mementoes of Lavoisier. An account by Dr. Graham Lusk of his recent visit to the home of Lavoisier's great-grandnephew near Puy-de-Dôme, which appeared in the Journal of the American Medical Association for October 17 makes delightful reading for those interested in the history of physiology, especially of metabolism, or in Count Rumford, who was a friend of Lavoisier and married the talented Madame Lavoisier after her former husband had been put to death during the French Revolution.

Social Survey of a Chinese Village. American methods were used by students of Shanghai College (Brown-in-China) in a study of a village of 300 inhabitants seven miles from Shanghai. A summary of the report in the *Monthly Labor Review* for August says that spinning, weaving, and pounding grain in stone vessels were practised in nearly every house, and that most of the clothes and shoes worn were made at home. The women did field work and three of them walked three miles to a cotton mill where they worked for twelve hours a day.

Fashion and Disease. In the days of wasp waists "green sickness" or chlorosis was a common ailment of women, often attributed to tight lacing. That having disappeared with corsets a new disease is attracting attention in several European countries, one described in the *American Journal of Public Health* for September as a "chronic indurative erythema of the legs of girls and young women. . . . There is a feeling of cold, pain, pressure, parasthesia, or a sense of weight. Both legs are affected as a rule, and the condition is seen mostly between the ages of 14 and 20 years. It is most troublesome in the cold season. . . . It has been suggested that the cause of the disease is the lack of protection of the lower legs, which is now so common, there being no skirts to cover them and thin silk stockings being often the only covering. . . . One may well ask why the disease is not even more common. . . ."

Leather Exhibit. The Newark (New Jersey) Museum has recently opened a three-month exhibit showing all phases of the leather industry, from mounted specimens and general information about the animals used for hides or skins through old and new processes and machinery to finished products. *The Museum News* speaks of the exhibit as likely to make clear "something of the intricate details and fine art of leather making and the wide range of its usefulness."

A Prize Doll's House. The Women's Institute in East Bridgeford, Nottinghamshire, won the prize offered by the English Federation of Women's Institutes for the best doll's house made out of a 1-cwt. sugar box with extra wood allowed for roof and partitions, and containing kitchen, living room, bedrooms, and nursery, the house and all its furnishings to be home-made. The picture given in *Home and Country* for August shows a to-scale equipment, complete to pictures, china, and kiddy-coop.

Needlecraft in English Schools. Many English teachers who have introduced simple decorative stitches early in the sewing ing courses are persuaded that substituting this for part of the time spent on plain stitches and garment construction has the double advantage of really interesting the younger girls in sewing and of giving their natural artistic impulse a permanently valuable mode of expression. Several teachers give testimony on the subject in *Education* for July 24, 1925.

NEWS FROM THE FIELD

KINDRED INTERESTS

Western States Extension Conference. At the regional conference of the eleven western states held at Pullman, Washington, November 8 to 12, one day was devoted to the home management project. Each state reported on what had been done up to the present, and Madge J. Reese summed up "Ten years of home management extension work in the United States." Other special topics considered were "Kitchen improvement contests" by Blanche L. Lee, Montana; "Home furnishing" by Ethelyn Dodson, California; "Room improvement clubs" by Gladys Gallup, Washington; "Rural engineering problems as applied to the home" by Paul V. Maris, Oregon; and "The contribution of the farm to family life" by H. M. Dixon, U. S. Department of Agriculture.

Omicron Nu. The meeting of the executive committee was held in Seattle, August 24 and 25. The following national officers were present: Genevieve Fisher, president; Margaret Ahlborn, secretary; Zelta Fieke Roderwold, treasurer; Marion S. Van Liew, editor. Among the business was laying plans for the eighth conclave which is to meet with Theta chapter at the Kansas State Agricultural College, Manhattan, Kansas, and about which definite announcement will be made later.

Department of Superintendence, National Education Association. The winter meeting is to be held in Washington, D. C., February 21 to 25. Hotel accommodations are said to be already nearly all taken.

National League of Women Voters. The 1926 convention is to be held in St. Louis, April 14 to 21.

American Institute of Baking. The establishment of a department of nutritional education has been made possible by the gift of $100,000 from the Robert Boyd Ward Fund, Inc., to commemorate the long connection of Robert Boyd Ward with the baking industry. The announcement of the gift was a feature of the annual convention of the American Bakers Association in Buffalo September 15 to 18, and reasons for devoting it to such a department were summarized as follows: "The need has long been felt to impress more closely not only the baking industry itself but also housewives, teachers of home economics, child welfare workers, and indeed the medical and dental professions, with the increasing importance of the nutritional value of foodstuffs."

Metric Association. A successful summer meeting was held at the Lake Placid Club last July, and another similar meeting is scheduled there for July 9 and 10, 1926. All interested in the adoption of the metric system will be welcome and are invited to communicate with the Metric Association, 156 Fifth Avenue, New York City.

American Dental Association. The place of oral hygiene in the general health program was a prominent idea at the annual meeting at Louisville, Kentucky, September 21 to 25. It appeared not only in the meetings of the section of mouth hygiene and preventive dentistry but in the addresses at two general sessions, and at an international luncheon at which the work of the Council on Mouth Hygiene was discussed.

Junior Achievement Hall. In connection with the annual Junior Achievement Camp held by the Eastern States League at Springfield, Massachusetts, in September, there was dedicated a new $100,000 building, the gift of Mr. Horace A. Moses. It is a two-story brick and stone structure, 72 feet long and 230 feet wide, located in the Eastern States Fair grounds and containing workshops, exhibit space, auditorium, and dormitories for three hundred girls and as many boys.

U. S. Bureau of Home Economics. Edna Clark, formerly of the University of Chicago and more recently from the research staff of Iowa State College of Agriculture, has been appointed associate specialist in the economics division, and will give her attention at once to the analysis of data on clothing expenditures collected from several thousand farm families as a part of the standard of living studies conducted jointly by the Bureaus of Agricultural Economics and Home Economics.

Another appointment to the economics staff is Mrs. Laura C. Brossard, a junior specialist. She will help in the analysis and interpretation of the records showing expenditure of time in housework which homemakers all over the United States are sending in to the Bureau. Mrs. Brossard is a graduate of the University of Minnesota and has studied at Utah College of Agriculture and George Washington University.

Maud Campbell, a graduate of Iowa State College of Agriculture, takes the place in the division of textiles and clothing of Margaret Bostian, who resigned to accept a position in a private school in St. Louis.

Vocational Adjustment Bureau for Girls. This organization, formerly at 118 East 24th Street, New York City, has recently moved to 336 East 19th Street. Its purpose is to study the problem girl from the point of view of her working life and to try to make her a constructive instead of possibly a destructive social and economic factor in her community. It maintains a placement bureau under the direction of Emily T. Burr, and its various committees carry on research work of high character, much of it under well-known specialists.

Elizabeth McCormick Memorial Fund. Mary E. Murphy, acting director since the death of Mrs. Ira Couch Wood, has recently been made director of the fund, the headquarters of which are at 848 North Dearborn Street, Chicago.

Red Cross Nutrition Director. Marietta Eichelberger, formerly of the University of Kentucky and more recently of Chicago University, from which she received the degree of Ph.D. in September, has been appointed assistant director of the nutrition service in the midwestern district, with headquarters at St. Louis.

Visiting Teachers. The Commonwealth Fund has completed three-year demonstrations of the work of visiting teachers in ten representative cities, and as a result all ten are embodying it in their public school systems. Twenty other demonstrations are still underway, some of them in county school organizations.

MINNESOTA

Minnesota Education Association The annual meeting was held in St. Paul, November 5 to 7. The home economics section held an all-day session on the sixth, with general meetings in the morning, a luncheon, and in the afternoon round table meetings. The main topic was "Attacking home economics teaching from the general education standpoint."

University of Minnesota. The following new members have been elected to the home economics staff: Dr. Margaret Chaney and Nora Iddings from Chicago, who take the work of Miss Biester and Miss Phelps who are spending a year at Yale University; Agnes Douglass and Mrs. Ilg, who teach related art in the absence of Harriet and Vetta Goldstein, now on a tour around the world; Ella J. Rose, Louise Landis, and Muriel McFarland, of the teacher training staff; Ethel Gorham and Adella Eppel, of the textile and clothing section.

Kathleen Dietrich, Caroline Little, and Beatrice Olson are newly elected part-time teachers on the college staff.

Iva Sell spent this summer traveling in Europe.

Institute of Child Welfare. Dr. John E. Anderson of Yale University has been chosen as the director of the Institute of Child Welfare which is being developed at the University of Minnesota. This enterprise will include an infants' home and a nursery school, and the object is to study behavior of children up to five years old. Various departments, including education, psychology, sociology, and home economics,

will be active in the development of the institute. Margaret Wood has been chosen head of the nursery school, with Adelia Boynton and Marjorie Walker as assistants. Miss Goodenough, formerly connected with the behavior clinic in Minneapolis, is also a member of the staff.

Teacher Training Conference. A group of twenty-three people from Wisconsin and Minnesota especially interested in training home economics teachers met at the University of Minnesota on September 21 for a three-day conference. Mabel B. Campbell, of the Federal Board for Vocational Education, led the discussions on the "Problems in supervising student teaching."

MISSOURI

University of Missouri, Department of Home Economics. Jessie A. Cline, associate professor, is acting chairman of the department.

Gertrude Heinrici, of the division of design, has been transferred to the school of fine arts. Lynn Ray Howard has been elected to succeed her.

Nina Reilly, who has left the clothing department to study at the University of Chicago, has been succeeded by Mildred Briggs, who received her master's degree at Ames last year.

Mary L. Klingner, of the education division, is spending a year's leave of absence studying at Teachers College, Columbia University, and Louise Keller is taking Miss Klingner's place.

Eva Mae Davis is research instructor in home economics in place of Laurel E. Davis, who is teaching in the Women's College, Chickasha, Oklahoma.

Vocational Home Economics in Day Schools. Eight new home economics departments in high schools qualified for vocational home economics this year.

The itinerant teacher training has now become a recognized part of the vocational program in Missouri. Lila M. Welch, of the education division at the University, will continue to devote approximately one-half of her time to this work.

MONTANA

Montana State College. Florence Fallgatter has been granted a year's leave of absence to study at Teachers College, Columbia University. Florence Wagner has assumed the combined position of teacher trainer in home economics at the college and state supervisor of home economics. Jessie Richardson, who recently completed the work for her Ph.D. at the University of Minnesota, is starting the home economics research under the Purnell Act.

Work has begun on the new women's building which is to house the departments of home economics and art.

Agnes Hutchison, of the State College staff, spent twelve weeks in study at the University of Chicago this summer.

Keturah Tibbles was the official representative of the Montana State College Home Economics Club at the San Francisco meeting. Other Montana representatives were Gladys Branegan, alternate councilor, Blanche Lee, secretary of the homemakers section, Inez LaBossier, Pearl Swanson, Suzane Thompson, all of Bozeman, and Mrs. Lucy Cartlick of Helena.

Alice Graham, '25 was awarded a scholarship at the Merrill-Palmer School of Detroit, where she has spent the fall quarter. In January Miss Graham goes to Rochester, Minnesota, as student dietitian.

Doris Phillips, '25, is student dietitian in Cook County Hospital, Chicago.

Farm Women's Vacation Camps. Mrs. Mignon Quaw was recreational director for the series of seven camps held last summer.

NEBRASKA

University of Nebraska. The seventh annual conference of home economics teachers in day schools was held in Lincoln August 31 to September 2. The aims, set up after correspondence and conference with teachers, were to develop phases of work introduced at the sixth annual conference, to continue the study of methods, and to present subject matter for

special problems of homemaking education in the high schools. Birdie Vorhies, state supervisor of home economics, was assisted in the conference work by Mr. C. A. Fulmer, director of vocational education. Mr. W. H. Launcelot, head of vocational education at Ames, Iowa, Beulah Coon and Bess Steele of Nebraska University, and several teachers who had done outstanding work in the high schools of the State: Katherine Dorrance Henninger, Alta Chrisman, Helen Young, Mary Foster, Leola Ickman, Hester Clark.

Margaret Fedde, chairman of the home economics department, spent the summer traveling in Europe.

Edna Benson, head of the design division of the home economics department, studied at the Parson's School of Fine and Applied Arts in Paris last summer.

Helen Halm of the vocational education department, and Maurine Nall, head of the department of institution management, have resigned their positions and were married in October.

May C. Frank, formerly of Spokane, is in charge of the University home management house during Ruth Staples' absence.

Jane Hinkley, who received her master's degree at the University of Southern California last June, is now a member of the vocational education staff.

Arabella Livingston, connected with the University for several years, has resigned to study osteopathy in Kirksville.

Greta Gray, the author of "House and Home," is doing research work in home management.

Mildred Holts, who received her bachelor's degree here, and who had a year's graduate work in institution management at the University of Washington, is now in charge of institution management.

Ruby Simpson, Ella Cushman, and Mrs. True Jack Colbert are new members of the members of the home economic staff.

Alma Fritchoff, a member of the home economics faculty for the past three years, is at Oregon Agricultural College.

Beulah Coon taught at the University of Minnesota last summer.

NEW ENGLAND

New England Home Economics Association. The first meeting of the season on September 24 was arranged by the homemakers section of which Mrs. Stephen Roblin is chairman. Members of the Women's Educational and Industrial Union and the household economics departments of the National Civic Federation and Massachusetts Federation of Women's Clubs were guests. After greetings from Mrs. Jessie C. Eastham, the new president, S. Agnes Donham gave a brief report of the San Francisco meeting.

Other speakers were Mrs. Richard Boardman and Mrs. Patterson of the board of directors of Scientific Housekeeping, Inc. Through its contract between employer and employee, its job analysis and its training school, Scientific Housekeeping is promoting uniform standards among employers, a truly professional spirit among employees, and kitchens built on principles of efficiency. Following the lecture and question period was an informal reception.

A special effort is being made to secure graded memberships in the American Home Economics Association by printing an explanation of the plan on the dues slips.

NEW MEXICO

Red Cross Nutrition Work Among Indians. Lucy G. Swift and a trained nurse are stationed together at Domingo in an Indian Pueblo for the initial venture of the Red Cross in nutrition and homemaking work among Indians.

NEW YORK

Cornell University. Fifty-three students composed the first class to graduate from the newly designated College of Home Economics. Eight of these were men and forty-five were women.

All home demonstration agents in New York state assembled at the college for the annual August conference of extension workers. A number of interesting meetings

were held with the farm bureau agents, discussing ways in which the farm and home bureaus could help each other. Continuing last year's plan, the conference was followed by training schools for the home demonstration agents. These give a week of intensive work on the different projects to be undertaken during the year, including new subject matter, organization, and methods of presentation. Agents, assistant agents, and county leaders attend the work on the projects to be taken up in their individual counties. After the training schools are over they return to their counties and hold local leader training schools before the year's work begins.

Junior field days for boys and girls in the junior extension projects were held at Cornell June 24 to 27. The home economics work took up the healthy girl and the well-dressed girl under the direction of Erma Hollen and Dora Sonnenday, nutrition specialists, and Ola Day and Hazel Spencer, junior extension specialists. The program included talks on building and measuring health, how to dress well, and the expression of personality in dress. Girl scouts acted as models and an interesting demonstration of suitable clothing for school girls was given. An exhibit of homemade and ready-made clothing, comparing cost, appearance and durability, attracted considerable attention.

The nursery school (see article in November JOURNAL) is now established in a house of its own which stands on the campus not far from the college building and which is equipped to care for all the work in child training. All the rooms to be used by the children are fitted with child-size furniture, lockers, toy shelves, and bathroom equipment. The officers of the director and her assistants are on the second floor.

Moving pictures of Edna May and Mary Jane, the most recent of the practice house babies, were shown at the home economics senior breakfast at which the staff entertained the seniors. The June issue of the *Home Economics Reminder*, a child training number, was distributed at the breakfast.

In recognition of their child welfare work in Belgium, Flora Rose and Martha Van Rensselaer, co-directors of the College of Home Economics, have been made Chevaliers of the Order of the Crown by the King of Belgium.

Professor Beulah Blackmore, head of the department of clothing and textiles, who is taking a sabbatical year, spent part of her summer at Lord and Taylor's in New York City for practice in salesmanship, part at Miss Grace Cornell's art school in Maine, and is now at Mrs Prince's School of Salesmanship in Boston. Ruth Scott of the clothing department was with her in Maine.

Professor Helen Monsch, head of the foods and nutrition department, is also taking sabbatical leave; she is traveling in Europe and has visited a number of hospitals there.

Dr. Nellie Perkins, who is in charge of the child training work, spent the time between the end of the summer session and the beginning of the fall term studying nursery school methods in England and Scotland.

State Teachers' Conference, Girls' Part Time Schools. The first state conference for teachers of the girls' work in the part-time schools of New York state, held at Syracuse, June 30 to July 2, under the supervision of Treva E. Kauffman, state supervisor of home economics education, was attended by more than one hundred teachers and commercial and industrial workers from all sections of the state. The needs of the part-time girl formed the principle theme of the discussions, which proved so helpful that it was voted to form a tentative organization to arrange other similar meetings and to further a program of work for part-time girls.

Herald Tribune Institute. The central information booth at the Woman's Activities Exhibit, Hotel Commodore, New York, September 21 to 25, was occupied by the Institute and served as a general headquarters for all who were interested in housekeeping problems.

Recipe Contest. Senator Copeland, Katharine Fisher of Good Housekeeping

Institute, and Florence Brobeck of the Herald-Tribune Institute, were judges in a recent recipe contest conducted by the Restaurant Owners' Association of New York. Fifteen dishes were tested—three each of chicken fricassee, hash, vegetable plates, filet of sole, and corned beef and cabbage.

NORTH DAKOTA

State Home Economics Association. The annual meeting was held in Minot October 28 and 29. The organization of student clubs is to be stressed this year and it is expected that many clubs will be reported by the first of January.

A home economics round table was conducted during the annual meeting of the southwestern division of the State Teachers' Association at Dickinson October 15 and 16.

Vocational Home Economics. Seventeen high schools are on the list of those approved for Smith-Hughes aid in 1925–26. The increasing interest in vocational home economics, indicated by the number of schools applying for approval, is most gratifying, but somewhat disconcerting because of lack of funds.

The state course of study has been revised and will be ready for distribution at an early date.

State Agricultural College. Dean Alba Bales spent the summer studying at Columbia University. Elvira Smith, assistant professor in the department of foods and nutrition, studied at the University of Chicago. Constance Leeby, instructor of foods for the past two years, is studying at Columbia University. The home economics faculty has been increased by the addition of Dorothy Hatch, a graduate of Columbia University, who will have charge of the related art, and Frances Bailey, Chicago University, who will direct the teacher-training work.

University of North Dakota. Marian Stephenson, who spent the past year studying in Paris, has returned to her work as assistant professor of home economics in the clothing department. Jessie Scott, who filled her place here last year, is now a member of the home economics staff at the University of Washington. Grace Linder, formerly of Colorado, takes Charlotte Halgrim's place as head of the department.

OHIO

Ohio State University. The nursery school, opened in the spring of 1925 as a laboratory for home economics students in child care, was reopened in October for the current year.

Hazel Huston is director of teacher improvement in the place of Ida Patterson who returned to her former teaching position at Athens, Ohio.

Succeeding Miriam Hawkins, who resigned to become home management extension specialist in Montana, Joyce Syler began work as home demonstration agent in Mahoning County on August 1.

Nancy Folsom of Huron County, the first home demonstration agent to be granted six months leave for study, is at Columbia University. Rossie Greer is carrying on the home demonstration work in her absence. Lucy Folsom, '25, a sister of Nancy, has been a home demonstration agent in Madison County since July.

Maybelle Cornell resigned from the home economics department to marry Mr. Robert Taliaferro and is to live at Beechwood, Upper Darby Station, Philadelphia. Alta Kizer, home demonstration agent of Warren County, Ohio, takes her place on the resident staff, while Miss Kizer is succeeded by Nellie Watts of Pennsylvania.

Henrietta Gromme, formerly in the teacher training department, married Bennett Hinkley last summer and lives at Los Angeles.

Edna Callahan, clothing specialist, left the extension department October 1 for six months study at the University of Chicago.

Henrietta Wahlenmaier, who studied at Leland Stanford last year, is now critic teacher at Reynoldsburg, Ohio.

OKLAHOMA

University of Oklahoma. The special Mothercraft Conference held during the week July 20 to 24, under the joint auspices of the University department of home economics and the State Department of vocational education, provided instruction and help for mothercraft teachers and acquainted school authorities and women's organization with the mothercraft program. Besides teachers, there are present representatives of study groups from Ardmore, Tulsa, and Oklahoma City, and of such organizations as the State Parent-Teacher Association, American Association of University Women, Federation of Women's Clubs, cooperative Extension Work, and the Bureau of Maternity and Infancy. Methods of teaching mothers' classes in child training were discussed each day by Alice M. Loomis; mental hygiene in the training of the pre-school child by Clara I. Crowe; and the play life of the child by Louise Shields, director of the pre-school nursery at the Agricultural and Mechanical College, Stillwater. Each afternoon there were round table discussions of organization problems, teaching materials, and specific subject matter.

Mothercraft instruction is given to mothers as a part of the adult education program conducted by the public school system with the cooperation of the home economics division of the State department of vocational education. There were special teachers in eight cities during the past school year, with a total enrollment of 2,442 women.

OREGON

Oregon Agricultural College. The departments of the School of Home Economics united in putting on a project, "The house of health" at the state fair. The house, of English cottage type with latticed windows and boxes of blooming plants, was painted in attractive colors. The interior was furnished like a living room with chairs enough to change it into an auditorium for moving pictures. The end wall made the screen.

Two films, "Inside out—the story of digestion" and "Working for dear life," emphasized the importance of an annual physical examination. These were followed by a skit "The American girl beauty products," given by seniors from the school. Between the several performances given eoch day, an instructor and the girls weighed, measured, and gave diet suggestions to men, women, and children. A splendid loan collection of books for children and their mothers was part of the exhibit. Posters and a frieze of children at play added to interest and attractiveness.

Radio talks for homemakers are now a regular activity for the home economics staff. The first series, given on Wednesday evenings, was on foods and nutrition, with talks on the school lunch and the use of fall vegetables. In another series, which will be on child care and training, the title of the first lecture is "Disobedience and contrariness."

Margaret Bowers comes from the University of Indiana to be decorator of dormitories and head of the institutional management department in the School of Home Economics.

The School of Home Economics is attempting for the first time to divide freshmen and sophomore classes on the basis of ability as shown by psychological tests, using the 1925 edition of the test worked out by the American Council on Education. The results obtained from the objective tests used during the term are to be carefully correlated with the laboratory grades.

PENNSYLVANIA

Gregg Township Vocational School, Spring Mills. The senior class in child care had a part in the children's morning program of the annual community day, October 16. Two members were selected to tell stories to the children. The class trained children from the intermediate grades for an historical cantata, "The Indian Princess," and some from the primary grades for a song. A health play, "Eating milk" was given by one of the rural schools. There were two reels of

motion pictures, educational and comedy, and songs by the grade children.

As has been the custom for several years, the seniors in vocational home economics at Pennsylvania State College have begun their directed teaching here under the supervision of Louise G. Turner, associate professor of teacher training in vocational home economics.

Centerville Vocational School, West Brownsville. This has been changed to a regular high school with a vocational department. Of the fifteen girls entered as freshmen this year, eleven elected the home economics course. Much interest was aroused among the girls by an exhibit of school work at the Washington County Fair, at which Centerville won first place among the schools exhibiting. Though the money offered for individual prizes is usually less than one dollar, some of the girls received over six dollars.

Reading Home Economics Department. The new Southern Junior High School opened on September 8. The home economics department has excellent southeast rooms on the third floor, including two food laboratories, a housekeeping apartment, two clothing laboratories, and a laundry.

Laura Hoch, nutrition worker, has been appointed director of school lunches for the year. Miss Hoch is a graduate of State College and of Teachers College, Columbia University, and was a former home economics teacher in the Reading schools.

In the evening school, beside the usual courses in foods and clothing, two courses in home crafts are offered, one in the making of artistic lamp shades, and the other in the process of dyeing with the use of a wax resist, often known as Batik work.

Towanda High School. During the past year the girls of the home economics department, through cooperation with the board of directors, have installed electric lights in the practice house. At their suggestion the girls provided funds for the fixtures while the school district paid for the wiring of the house. The girls earned the money principally by food sales and banquets.

During the winter term the girls in the first year vocational home economics course organized a home economics club. Programs of various kinds were given at the weekly meetings, little plays on home economics topics being a favorite entertainment. In the spring the club entertained the first year girls in the academic department. The club is planning to affiliate with the national organization.

Altoona. A new cafeteria, which enjoys the patronage of fifteen hundred students, has been opened in the high school. This, in addition to the one in the junior high school, makes a total of 3,000 lunches served daily under the management of the household arts department.

Honey Brook Vocational School, Chester County. The senior and junior girls of the homemaking department have formed a home economics club and plan to correlate club and school work in class projects so that the members may learn how to earn and spend money for additional equipment and furnishings needed by the department. In connection with a bazaar to be held just before Christmas, the art class is making posters, some of the articles to be sold are being made in special art and clothing classes, and the pupils in household management will plan the spending of the money earned.

TENNESSEE

Extension Service. A very extensive kitchen improvement campaign has just been completed, which reached forty-five counties in the state. Over 4,000 women made inexpensive but valuable improvements in their kitchens, such as raising working surfaces, making wood boxes, covering tables with linoleum, painting the walls a light color, putting up fresh curtains. Water systems were installed in 319 homes and about 150 steam pressure cookers were bought during the campaign.

At the Chattanooga Inter-State Fair, two kitchens labelled respectively "Before" and "After," attracted attention. The first was a typical old-fashioned farm kitchen with broken window panes mended with paper, stove wood piled on the dirty

floor and the soiled hand woven rugs, and a hat and coat, a saw, strings of red pepper, an old almanac, and other articles often seen in a country kitchen adding to the "local color." A negro slave over seventy-five years old was there to answer the questions of passers-by and to make old fashioned corn pone, cooked on an old iron skillet without a handle. Just opposite was the modern country kitchen equipped with running water, a white kitchen cabinet, tables, stool, steam pressure cooker, tea wagon, and everything necessary for a convenient, cheerful work-shop. A card over this stated the number of women who had taken part in the kitchen improvement work in Tennessee since February, 1925.

Tri-State Fair, Memphis. A pantry exhibit consisted of twenty-four jars of canned vegetables, fruits, and pickles from home demonstration club women. Nine counties entered the contest with six women from each county, making fifty-four contestants entering 1,296 jars of canned products. The winner was a Gibson County woman seventy years old. She is to be given a trip to the farm women's short course at the University of Tennessee in January, 1926.

UTAH

Utah Educational Association. During the annual convention on the 22d, 23d, and 24th of October, the home economics section held two interesting sessions and a luncheon. Achievements in the home-making field were reported by teachers, supervisors, and extension workers from different parts of the state. The report on "Educational tests and measurements applied to the teaching of home economics" proved helpful.

VIRGINIA

Virginia Normal and Industrial Institute. The home economics department observed "Better Homes Week" by a short program at the chapel hour each day. An historical account of the Better Homes movement was followed by short playlets illustrating phases of home life. Carefully prepared posters were put up in the halls.

The director of the home economics department, Edwina Wright, and one of the household science teachers, Esther Tate, are at Columbia this winter studying for their master's degrees.

WASHINGTON

University of Washington. Jessie Scott, '24, of the University of North Dakota faculty, is teaching Mrs. Patty's classes in clothing while the latter is studying at Columbia.

Rosalie Godfrey, formerly manager of the cafeteria at the University of Missouri, is holder of the nutrition fellowship and is doing graduate work in institutional management.

Georgia Bibee, '25, and Helen Mulhern, '25, are the new assistants in the Commons to succeed Erva Tibbits, now in charge of the lunch room at the Jason Lee School in Tacoma, and Fern Gleiser, assistant of college dormitories at Oregon Agricultural College.

Jennie Rowntree is assistant professor of home economics in charge of nutrition work in the absence of Martha Koehne, who is studying at Yale.

Florence Johnson, '20, has been appointed Bon Marché fellow in textile testing for 1925–26.

State College of Washington. The home economics department opened this fall with the largest enrollment since its establishment. Six members of the home economics staff attended the California convention and all vote it the best yet.

Frances Grant Heverlo, who developed a unique personal service department in the Bon Marché store, Seattle, and later became a buyer there, is a buyer at the Broadway Department Store, Los Angeles.

Gladys Miller, a graduate of Oregon Agricultural College, who also has studied at the New York School of Applied Art, is the home economics expert in charge of the thrift cottage for Frederick and Nelson, Seattle.

WISCONSIN

Stout Institute. In September, 1924, the Institute was designated as the state teacher training school for vocational education and several courses for prospective teachers in part-time schools were offered. Similar work is carried on this year under Grace M. Price. A number of 1925 graduates have been placed in very desirable positions, among these being supervisory and teaching positions in the vocational schools of La Crosse, Oshkosh, Appleton, Racine, and Madison.

The advanced work in related art has been reorganized by Mamie Russell Metz, head of the art department, to meet better the needs of household arts teachers. Two credits in art history and appreciation are now offered to both men and women in the junior and senior years, and junior women majoring in clothing are required to take an advanced course in color and design with emphasis on art principles as related to decoration and as applied to various crafts.

The foods department is cooperating with one of the leading coffee companies in carrying out a series of experiments to test the comparative value of such types of commercial containers as lined paper bags, pasteboard cartons, the ordinary covered tin cans, and vacuum-sealed tin cans. The company has supplied the department with a supply of their best coffee, all of it roasted and packed the same day. One pound of coffee in each type of container is to be opened at intervals of one month two, four, and six months, and the coffee made from each of these is to be tested for flavor and strength. The experiment is in charge of the junior foods class under the direction of Martha Metcalf and much interest in the results is manifested.

Eleanor Johnson, head of the clothing department, attended the autumn convention of the Fashion Art League of America in September at Chicago.

Bertha Bisbey, head of the nutrition department, was injured in an automobile accident September 4 in Minneapolis and will be compelled to remain in Northwestern Hospital there the greater part of the semester.

Wisconsin State Board of Vocational Education. The Board is conducting a state-wide teacher training program for the part-time schools. Margaret Johnston state supervisor of vocational home economics, Grace M. Price, assistant teacher trainer in home economics, and Harriet M. Gordon, head of girls' vocational classes, Watertown, conducted classes for training teachers of home economics for the part-time schools at the summer sessions of the University of Wisconsin, the Stout Institute, and the Stevens Point Normal School. Grace M. Price, in addition to her work at the Stout Institute, teaches methods three days each week to teachers of the part-time schools of the state. A continuous teacher-training program is conducted for the fifty homemaking teachers in service in the Milwaukee Continuation School. All of this teacher training is financed by the State Board of Vocational Education from funds appropriated by the Wisconsin State Legislature for this particular purpose, and by federal teacher-training funds.

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